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VOLUME 13, ISSUE 3
Edition 149

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State Senators In Israel

The Valley Patriot sat with Massachusetts State Senator Barbara L'Italien this month to have her give the taxpayers a full report of what she and other senators learned after spending ten days in Israel.

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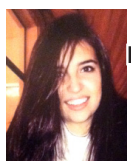

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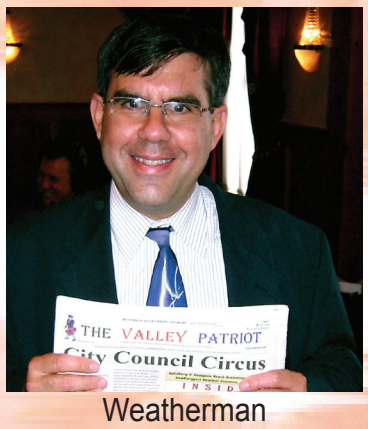

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My Sister Was Killed

Jeff Katz
VALLEY PATRIOT COLUMNIST

I was just putting the finishing touches on my column about the current electoral scene. A helping of Super Tuesday, dash of Trump, sprinkle of Clinton and I was ready to roll, when I heard a news report advising that my sister had been killed. The funny thing was, I had never met this woman nor did I actually know her name. In fact my mom would tell you she had two sons but no daughters. Still, my sister was taken from me.

I have not been a police officer for more than twenty years. I loved being on the job, but it's been a long time since I strapped on my Sam Browne and pinned on my badge. No, I have not driven a squad car around in more than a decade, but I never stopped being a cop. It's truly an occupational hazard for law enforcement. Nobody ever calls the police when they are having a good day so we're always looking towards each other for help and support. Desired or not, we are forced to become family and that's why I need to tell you about the sister I never met.

Ashley Guindon was born in Springfield, Massachusetts and grew up in Merrimack, New Hampshire. She was smart and pretty. A high school cheerleader with brains. No doubt, her teachers and fellow students at Merrimack High School knew she was destined to do some great things. But her life took a terrible blow in 2004 when her father, an Air National Guardsman, took his own life the day after he returned from serving in Iraq. She was not destroyed. Rather she redoubled her efforts, determined to work hard and build a life with meaning.

Ashley graduated from high school and went on to earn a bachelor's degree in aeronautics along with minors in aviation safety, homeland security and psychology from Embry-Riddle University. While she was attending college, she worked in a funeral home to make ends meet and that's where she nurtured her love for forensic science. Eventually she'd serve six years in the United States Marine Corps Reserves and earn her master's degree in forensic science from George Washington University. In her spare time she flew historical airplanes. But the day job she always wanted was as a police officer.

On Friday February 26 she was sworn in as a member of the Prince William County, Virginia Police Department. On Saturday February 27 she responded to a call of a domestic disturbance along with two other police officers, one of whom was her field training officer. All three were met by a hail of bullets. Each officer was hit. Ashley's wounds were fatal. It was later learned that the man who has now been charged with her murder had also killed his own wife before the police officers arrived.

My sense is that she probably would have become a police chief someday. She clearly had the talent and the drive. She'll never have that chance now.

I've been to far too many police funerals over the years. In Philadelphia, we called them inspector's funerals because of the ritual and ceremony which occurs. Strict protocols for paying tribute and honoring our fallen. What really defines police funerals however is that "Amazing Grace" is played by a lone bagpiper and then big tough guys who you would think were made of steel break down and cry uncontrollably. See that's what happens when someone kills your sister or brother…even if you've never met them.

Jeff Katz is a former police officer, former talk show host on Talk1200AM and won the Associated Press Award for Best Talk Show In Boston two years in a row. He is now an exclusive columnist for The Valley Patriot. You can email him at jeffkatzshow@aol.com

"WEATHER 101" WITH AL!

El Nino

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

This winter continues to differ greatly from last winter with warmer temperatures and less snow. This winter is an El Nino winter where the cold artic air has a difficult time staying for a long period of time. El Nino occurs when the South Pacific Ocean is warmer than normal. El Nino effects the jet stream and it causes more of a trough over the western US, and more of a ridge (high pressure) over the western US. We have seen this with the upper level ridge of high pressure in the Atlantic Ocean that keeps on re-building.

This has caused a much warmer winter for New England. We have still occasionally seen some ocean storms; however, many storms this winter have tracked to the north & west of New England. When low pressure tracks to the north & west of New England, we are on the east, or warmer side of the low-pressure system. This causes mainly rain to occur.

We have also seen strong winds aloft with these westward moving low-pressure systems. An example was on Wednesday, February 24 when strong winds aloft mixed down to the ground.

This occurred more over Massachusetts, Connecticut, and Rhode Island. Blue Hills in Milton, MA had a wind gust to 83 miles per hour. This is greater than hurricane force, which starts at 74 miles per hour. In New Hampshire, winds were not quite as strong during that week. The reason was that the cooler air at ground level took longer to scour out. This made it more difficult for the winds aloft to mixt down to the ground. What can we expect for March? We have seen some big snowstorms in March and also seen some very warm days.

Any snow that does fall in March does not last long with the sun getting higher in the sky and the days continuing to get longer. Meteorological winter, which is December, January, and February is over, however, it still continues astronomically until mid-March. We will take another look at the weather pattern in next month's article. Spring is not too far away.

For Minute to Minute BREAKING NEWS
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The Valley Patriot is published monthly before the tenth of each month by The Valley Patriot, Inc., 75 Main St., North Andover, MA 01845. All contents Copyright (c) 2012, Valley Patriot, Inc. All rights reserved. Subscriptions are $50 per year and sent via U.S. Mail.

POSTMASTER: Send address changes to Valley Patriot, Inc., PO Box 453, North Andover, MA 01845.

Letters to the editor, columns and op/eds can be submitted to **valleypatriot@aol**.com. The Valley Patriot is not responsible for the opinions expressed in submitted letters or columns. It is the policy of The Valley Patriot not to edit or exclude submitted material based on content.

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President/Publisher: Tom Duggan, Jr.
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Copy Editor: Christine Ryan
Corrections: Please contact the editors at ***valleypatriot@aol.com***

The Valley Patriot can be found in more than 900 locations in 51 communities in Massachusetts and NH.

The Valley Patriot is not responsible for, nor do we necessarily share the opinions of columnists and contributors that are published in the paper. Columns, by definition, are opinion pieces.

The Valley Patriot is printed by Graphic Development in West Hanover, Mass.

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Valley Patriot Celebrates Our 12th Anniversary BASH!

WHY DO WE HOLD THIS EVENT EVERY YEAR?

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One Tail at a Time Dog Rescue, College Scholarships for Lawrence High School, Greater Lawrence Tech School Scholarship, North Andover Scholarship, our new Artie "T" DeMoulas Market Basket Scholarship, DCS-Andover Co-Ed Softball League, The North Andover Menorah Lighting in December, and many other local community events and charities. We also hold this event to honor police officers, firefighters, veterans and those who protect and defend the 1st Amendment.

Guest Speaker MA Veterans' Services Secretary Francisco Urena. The Valley Patriot's 2014 Hero Veteran Award.

This year's BASH will feature: The Valley Patriot's Puppygirl, Kate Whitney; MTV's Brittany Baldi; Hollywood TV and Move Actor, Steve Blackwood (Days of Our Lives); Massachusetts Veterans Secretary, Francisco Urena; Melvern Taylor (Paying Attention Song); FREDDIE!; Weatherman, Al Kaprielian; WCAP's Chris Poublon, Lawrence Mayor, Dan Rivera; Former Lawrence Mayor, Mike Sullivan; Lowell Mayor, Rodney Elliott; Joe Ligotti (The Guy from Boston); State Rep. Diana DiZoglio; State Senator Katy Ives; GLTS School Committeeman, Jessica Finocchiaro; Former Methuen Mayor, Bill Manzi; State Rep. Marcos Devers; Lawrence School Committeeman, Myra Oritz, and more!!

The Valley Patriot gives out two awards for each award category at our annual BASH.

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GOP Needs More William F. Buckley, Less Trump

DJ Bettencourt
VALLEY PATRIOT NH COLUMNIST

At the time of this writing, it marks the eighth anniversary of the passing of the father of modern American conservatism, William F. Buckley. As the Republican Party seems ready to imperil its chances of winning the 2016 election by nominating Donald Trump, this edited tribute to Buckley at the time of his passing that I co-authored with my friend and current Cato policy analysist, Jason Bedrick, is eerily prophetic in articulating the concerns and disgust that many of us conservatives have for Mr. Trump. Particularly when contrasted to the legacy of "WFB."

The New Hampshire Primary has ended and Mr. Trump won. Massachusetts voters will soon head to the polls; I hope you will choose more wisely than my fellow Granite Staters. So would William F. Buckley.

"When a giant among men passes from this world, as William F. Buckley did this week at the age of 82, it is incumbent upon those whose lives he affected to pay tribute. As two young conservative legislators whose political convictions have been greatly influenced by Buckley, it is out of a profound sense of gratitude that we feel obligated to attempt such a tribute.

Perhaps the most tangible legacy Buckley leaves is the magazine he fathered in 1955, National Review, which to this day is widely regarded as the flagship journal of conservative thought. In its pages, Buckley created space for the development of the modern American conservative movement, declaring that the purpose of the magazine was to "stand athwart history yelling 'Stop!'" By this, Buckley meant to obliterate the prevailing assumption of the times that "History" was an inevitable march toward bigger government and the disintegration of traditional values.

To this end, Buckley created a "fusion" of anti-Communist hawks, individualists, social conservatives, and free market capitalists – a coalition which today seems almost natural but at the time was strained. Buckley and his cohorts at National Review provided the intellectual foundations that gave the movement coherence and a sense of purpose.

Just as important, Buckley "read out of the conservative movement" the racists, anti-Semites, and conspiracy-mongers with his devastating critiques. In drawing clear distinctions between mainstream conservative opinion and the fever swamps, Buckley elevated conservative thought and made it respectable.

It is this foundation upon which we young conservatives stand, dwarves on the shoulders of a giant. Though neither of us first came to the conservative movement directly through Buckley, his intellectual fingerprints are unmistakable. As George Will wrote in the pages of Buckley's magazine, "before there was Ronald Reagan there was Barry Goldwater, before there was Goldwater there was National Review, and before there was National Review there was William F. Buckley."

Modern college campuses are not known as bastions of conservative thought. In a 2003 study of the faculty at 32 elite colleges and universities, the Center for the Study of Popular Culture revealed that registered Democrats outnumbered registered Republicans by a ratio of more than 10-1.

This lack of ideological diversity has the unfortunate tendency of manifesting itself in the classroom. Similarly frustrated by his university experience, Buckley at age 25 wrote God and Man at Yale in 1951, his first of over 50 books. Buckley argued that members of the Yale faculty, under the guise of "academic freedom," were using the classroom to promote socialism and moral relativism.

While the book didn't achieve the

BUCKLEY: PAGE 31

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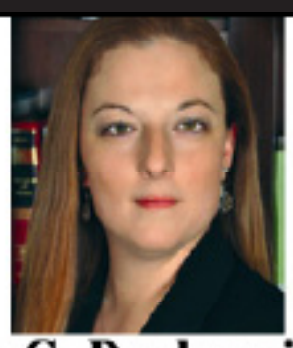

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The Many Colors of Hue House Salon & Spa

Cheryl Hajjar
VALLEY PATRIOT MOMMY COLUMNIST

There's a new hair and nail salon in town. Not just any salon. Hue House Salon & Spa brings a modern and eclectic approach to the beauty industry and it's right in the downtown area of North Andover.

Located at 200 Sutton St., owner Julie Potvin, (formerly of Dellaria in Andover), has over 15 years experience in the beauty industry. Julie is a Merrimack Valley native who attended Essex Agricultural Cosmetology school.

She says she decided to open her own salon because she wanted to use her talents to create a new experience for her clients, a place where she could have the freedom to offer more services and provide a "beauty haven" for everyone who steps into the Hue.

"Learning new techniques is my passion," Potvin says. "I always want to utilize my skills and be able to offer more services to my clients"

She says she decided to open in North Andover because it would be convenient for all of her existing clients and it was an area that was familiar to her. She says she searched for the perfect location but nothing popped out at her until she found the perfect location in North Andover.

Now located at 200 Sutton St. in the rear of the building, Julie says she chose the location because of its quaint and cozy feeling. "I wanted my clients to feel inspired when they walked into my salon," she says.

"I like to support local business owners by incorporating their art and decor at Hue House."

When you step into Hue House, the decor is diversified, bringing together art with refurbished design. Julie is an avid supporter of her fellow business owners. Her colleague, Hector Green, designed recycled furniture, and pieces made from old wood to combine almost a retro, yet earthy feel in the salon. "The decor is one of a kind artwork pieces created by Marcus Sebastiano, a local and upcoming artist."

Besides herself, Julie employs only the best local stylists: Tracey Lord, Michael Lessard, and skin therapists Debbra Dupuis and Amanda Santos.

Hue house has two professional desk staff members and two apprentices. Hue House boasts natural and ecofriendly product lines. They offer both sulfate & sodium chloride-free products, plus an organic and vegan free line as well.

Hue House offers many hair services including color/foils, cuts for the whole family, extensions and bridal designs. Other services include waxing, facials and various makeup services.

March Madness specials include: both high school and college students receive an extra 15% off any service. Also Buy One product, Get One product 15% off. Hue House also offers Loyalty programs on product, services and referrals. You can find Hue House at : facebook.com/huehouse and on Instagram: Hue House Salon Spa

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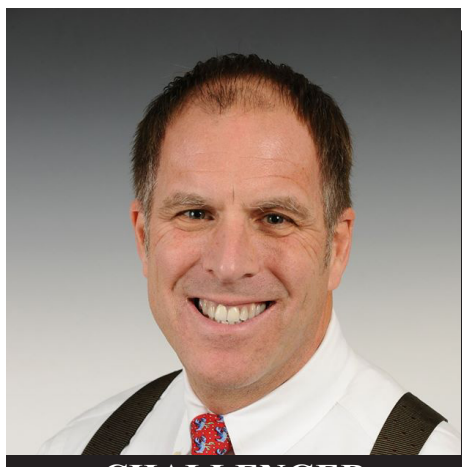
NA Selectman's Race March 29, Smedile vs. Nobile

Chris Nobile lives on Hillside Road, has been married for 20 years and has lived in North Andover for 20 years. He has three sons, Roland, 29, working at Copani Law Office in Methuen; Corey is a sophomore at North Andover High School, and his son Tyler is in the 7th grade at the middle school. Nobile has a Bachelors degree in economics and psychology from the University of Vermont and has a CSS (certificate of specialized study) in business at Harvard University.

Nobile served on the North Andover committee from 2007 to 2010. He currently serves on the YMCA Building Board of Managers. This is his third year on that board and is involved with the development and management of the YMCA addition. He also served for 23 years on the Mass Mortgage Bankers Association Board. Nobile coaches soccer and basketball and was appointed two years ago by Town Moderator Mark DiSalvo to the town's Finance Committee. He is an unenrolled voter.



CHALLENGER CHRIS NOBILE

A CONVERSATION WITH CHRIS NOBILE

The Valley Patriot interviewed Chris Nobile less than a week before we went to print. We asked Chris to explain to the voters of North Andover why they should vote for him over incumbent Rosemary Smedile, detail his ideas for the town, and give North Andover voters an idea what kind of selectman he would be if elected. First we asked him why he decided to run for selectman.

Chris said "I really like smart engaged people and I think we have that. When you match that with competency of Andrew Maylor as town manager, you really get to see how they have brought the changes in the town processes. It's amazing to watch that and to get the detail and the real processes. That's what motivates me to run. You see a winning team and the one thing you don't want is to rest on our laurels. There are going to be lean and fat years and you have to be ready for that."

"I'm excited about this race. And one of the things that excites me is when, like today, I made about 130 phone calls. I love talking to people about their ideas about the town. It's wonderful to hear from people how much they love our community. They see that things are going well, but still the underlying feeling I get from people is that we can do better. There are things we can capitalize on, we have tremendous potential and that gets me excited because it's all about opportunity."

Chris Nobile says he has three main issues in this campaign; the town's master plan, town commerce and the schools.

"Well, the first would be a master plan for the town. We have incumbents on the board for the last 15 years who have not done anything about this. It's hopelessly outdated and not in step with today's commerce. What we need is for there to be a revision of the master plan for the town and a roadmap for our aspirations, and that requires an intelligent, thoughtful, and an encompassing approach to bring the parties [together] to create a master plan. My experience, personally, and professionally shows I have greater strength in this race to doing that. My opponent hasn't chosen to pick up a glove and get in the game with this issue."

Asked what he would do differently, he said he would be more proactive.

"I think I would do a lot differently. Let's look at how we approach the schools with an entry survey, figure out who should be involved in the evaluative process. What do we want to convey with this plan? We need to engage all parties across town, the businesses, etc. Who should be involved in it? Then, we need to get the expertise from Town Manager Andrew Maylor on how to structure all

NOBILE: PAGE 18

Incumbent North Andover Selectman Rosemary Smedile lives on Green Street and was elected to the Board of Selectmen in 2001. She graduated from Boston College and taught on a Navaho reservation for her final semester in New Mexico. She owns a real estate business "Connelly Real Estate" which is a family business founded by her mother. She started it "helping my dad put all us kids through school and college". She has a degree in Special Education and worked in the financial district in Boston.

She has served on the Republican town committee, one of the original members of the North Andover Merchant's Association, has served on several school councils, the enrichment council, has run the holiday decorating committee, was recently asked to be president of the North Andover Women's Club, and is a long time member of the North Andover Lions.

"I've been on so many boards it's almost impossible to list them all," she says.

Asked what she thought of her opponent making Main Street part of his platform, Smedile says she wasn't quite sure what Mr. Nobile was referring to, "because we have done some tremendous work on the downtown area. The mills are doing well, we have the charm of Machine Shop Village. Almost all of downtown commercial space is at capacity. We have the old converse store still vacant, but almost all street level commercial space is full. I'm surprised he keeps saying that as if we haven't done anything downtown. There's a lot going on downtown, a lot going on all over North Andover. I mean, drive around and see all the improvements and changes we've made. I really don't want to get in a back and forth but look at the record. Look at what's there."

Asked about the rumors that her run last year for state representative might hurt her chances of re-election to the board, she said she doesn't think so, "but that's up to the voters."

"I've heard the rumors, but the people of North Andover know I ran for representative in support of the Town of North Andover. I did it because I felt we were underrepresented at The State House. That seat was a North Andover seat going back to Joe Herman and we are one of the few communities that doesn't have a sitting rep. in our community. My goal was to

INCUMBENT ROSEMARY SMEDILE

make sure North Andover wasn't left behind."

"Look at my record. I work hard for the town. I love this town. I brought my kids up here. My parents grew up here and my grandparents grew up here. I try to conduct myself in a manner that town residents would say they are proud to have me represent them. We have accomplished a lot. I ask people to take a look at that."

As for the selectmen's race being a "liberal vs conservative" choice, she says she refuses to get involved in the back and forth of partisan politics.

"Everyone knows this is supposed to be a non-partisan election. You are not even allowed to put your party affiliation on the ballot. The town doesn't need the back and forth bickering of partisan politics. They need people to work hard for everyone in the community. Not just representing one group, or one philosophy . Our responsibility is to take care of every member of the community. Public safety comes first. Then we need to make sure the kids get the best schools, the roads need to be maintained, this isn't partisan, this is just caring about your community."

Why are you running for re-election?

"I'm proud of the town and all we've accomplished. We started out in bad times, but we have some things we still needed to complete and some big initiatives.

"There's the current Main St. town hall renovation, and returning Community Development back to Main St. I am very proud of what we did renovating it several years ago. We made sure it was beautiful

SMEDILE: PAGE 18

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MHS Graduation Moved Back to Nicholson Stadium

DJ Deeb
METHUEN SCHOOL COMMITTEE

The Methuen High School Graduation will not be held at the Tsongas Arena after all. After much lobbying by members of the senior class and their parents, the Methuen High School Graduation ceremonies will be held at the new renovated Nicholson Stadium in Methuen.

The month of February witnessed a lively debate on social media among parents, community members, and high school seniors regarding which venue should be used for this year's Methuen High School Commencement ceremony. The Methuen High School Administration and the Mayor originally scheduled the June Graduation exercises at the Tsongas Arena in Lowell. There were many good reasons for doing so: 1) It contained abundant seating; 2) The date would not be impacted by adverse weather; and 3) It had a sound system that served the needs of the ceremony. In addition, many parents and community members reported back favorably regarding last year's ceremony that was held at the Tsongas Arena while renovations were being done to Nicholson Stadium.

After much discussion via E-mail, social media, and at local government meetings, it was decided by Superintendent Judy Scannell and Mayor Steve Zanni that the Graduation Ceremony will be moved back to Methuen. Many Methuen residents expressed their feelings that it was important to keep the tradition of having Commencement here in the City and that since the renovations had been completed it was time to bring it back.

Although the Methuen School Committee was not initially polled on where to have Graduation, several parents and seniors from Methuen High School contacted me to express their desire to have Commencement in the City and at the Stadium. I pledged to support their effort in this regard early on and I am pleased to report that their grassroots mobilization has been successful. I must acknowledge though that there were some strong arguments for and advantages to having it at the Tsongas Arena as well.. The Methuen High School Commencement for the Class of 2016 will be held in Methuen at Nicholson Stadium on Friday, June 3rd with a rain date set for Saturday, June 4th.

On another note, at the February 8, 2016 Methuen School Committee meeting members of the Methuen School Committee did vote to adopt a new Program of Studies for the 2016-2017 school year adopting the Massachusetts Curriculum Frameworks, incorporating Common Core into the Methuen High School curriculum. Specifically, the 10th grade American Literature I course has been replaced with a new course called The Rebel In Literature. The title itself should raise a red flag (quite literally) and it does! It was my contention that this proposed change would phase out classical American literary giants Nathanial Hawthorne and Edgar Allen Poe and replace them with the more contemporary authors Julia Alvarez and Amy Tan. Methuen School Committee members were told that the new course will allow "variation" and flexibility" and that two years of American Literature without a "global perspective" does disservice to our students. We were further told that the current curriculum, which has worked well for more than 50 years, is sometimes "too dry" for students. This new proposed course, The Rebel In Literature, is being driven by the MHS Leadership Team and constitutes the Common Core curriculum in disguise. It is simply a "dumbing down" of our curricula standards in my view. Finally, this new course "encompasses all genres, including works from authors writing in the midst of social, political, or personal upheavals." It sounds like we are educating for the New World Order here. We are replacing the current emphasis on what made America great (The Declaration of Independence and The Federalist Papers) to stressing a "global perspective" and imposing political correctness.

I wrote about this extensively in my column last month and members of the Methuen High School Administrative Team promised to retain the study of the classical works in the curricula while incorporating some new contemporary works. I voted against the proposal, but we will see how it works this coming year. I certainly appreciate that the High School Administration is attempting to keep the classics. I expect that additional curriculum change proposals will be coming to us next year and we need to be prepared to oppose them if they involve the adoption of Common Core standards. I will be watching and I will keep the Valley Patriot readers posted. I have always been and will continue to oppose Common Core in all its forms. Our students are not a social experiment. We should not replace high standards and rigor with courses that allow "variation" and "flexibility." The current courses work because they teach our students advanced vocabulary, grammar, writing skills, and critical thinking.

D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).

The City of Haverhill signed on to the Commonwealth's Community Compact joining many communities throughout the Merrimack Valley. Participating in the Compact allows cities and towns to receive additional technical assistance and extra points on grant applications. Once again, the Lt. Governor Polito officiated and was joined by Mayor Fiorentini and Haverhill City Councilors Macek, Barrett, Bevilacqua, and State Representatives Mira and Campbell.

Seeking Treatment for Addiction at Police Stations

I am pleased that the House of Representatives is currently closely reviewing legislation filed by Representative Ann Margaret Ferrante from Gloucester that will allow those suffering from addiction to go to their local police station for help without fear of being charged with drug possession.

There may be some modifications made to the bill, such as defining a limit as to what constitutes a "possessory" amount of opioid for immunity. The concern raised is that those trafficking whether addicted to opioids or not might try to take advantage of the measure to evade law enforcement. This is of particular concern in cases where low-level traffickers become aware that law enforcement is closely watching them so they can catch their wholesale suppliers who are caught by either following the supply chain or sometimes by making retail dealers an offer they cannot easily refuse.

Currently, police stations in the Commonwealth are allowed to collect unused prescription medication and ammunition.

Presently individuals reporting to the Gloucester police station for help with addiction are referred for treatment free from the fear of being criminally charged. According to Police Chief Campanello, approximately 400 individuals have been referred to treatment via this process thus far. The results have been positive with no negative unintended consequences noted.

There is no doubt that this initiative has resulted in a significant number of people both seeking and receiving help for a most horrible problem that doesn't go away by itself. Consequently, Gloucester's policy is being looked at for statewide implementation.

It is a harsh truth that we have been unable to prevent the widespread availability of opioids in this country. While this is not to say we should not pursue and prosecute commercial traffickers at every opportunity, reducing the demand side of the equation is a most critical component to winning this war. Treatment will also prevent needless casualties, a very great waste of human potential and life, to drugs.

This legislation holds great promise of successfully bringing people into treatment that fear being jailed and have otherwise given up on the hope that they can either find or afford treatment. Addiction in one form or another is the leading root cause of most crime in our communities and for repeated personal negative encounters with the criminal justice system. Effective treatment will help rehabilitate individuals far more effectively than incarceration and shall also better reduce the overall crime rate.

Since 2011, the Massachusetts Legislature has increased funding for fighting opioid addiction by 65%.

As always, I hope you will share with me your perspective on this most issue, or any other issue that is important to you.

Representative Campbell serves at the Vice Chair of the Committee on Public Safety and Homeland Security and also on the Committee on Ways and Means. She can be reached at 617-722 2430 or Linda. Campbell@mahouse.gov and at representativelindacampbell@gmail.com.

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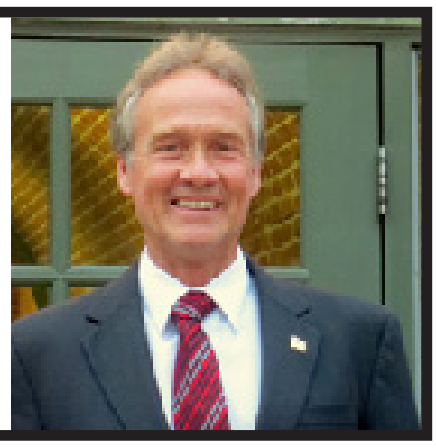

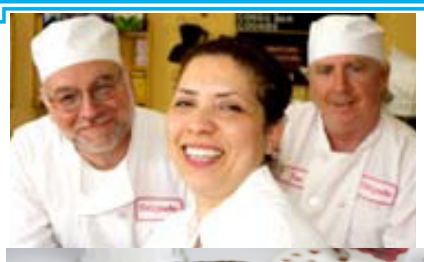

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Pictured Left To Right are Queen Lion, Renee and VP/Financial Secretary Deb Lussier, incoming District Governor Joan Parcewski, and Regional Chairman Frank Bertolino of the Lowell Lions Club.

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Our first sponsor for The Valley Patriot's 12th Anniversary BASH came just a week after last year's celebration when former police officer and former Governor's Councilor Kevin Leach (still in witness protection) agreed to come out of hiding and contributed $1,000 to this year's BASH ... over sushi. FROM EVERYONE AT THE VALLEY PATRIOT ... THANK YOU KEVIN !

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TOM DUGGAN'S NOTEBOOK

WANT YOUR EVENT OR ORGANIZATION LISTED IN THE NOTEBOOK? FOR $150 WE WILL PUBLISH YOUR NOTICE, EVENT, ETC. (150 word maximum)

ILLEGAL CAMPAIGN MATERIAL: During the March primary election, republican voters were not only asked to choose their candidate for president, but also their picks for Republican State Committee. If you lived in the Haverhill/Methuen area you had a choice between Shaun Toohey and Dan Grayton and they spent a lot of money on mailings. So, when campaign literature started showing up at the Valley Patriot offices in North Andover, I was surprised to get literature saying that Massachusetts Governor Charlie Baker was endorsing Toohey, but... there was nothing on the mailing noting who paid for it. By state law, all campaign literature must include the name and address of the person or group that paid for it. Did Charlie Baker pay for it? Did Toohey? Did it come from a third party? Was it even true that Baker endorsed Toohey? What's a voter to think other than SHENANIGANS?

ANOTHER ONE BITES THE DUST: Those trying to recall Lawrence Mayor Dan Rivera gave it another try last month and once again failed to get the required signatures to call for a special election to throw Rivera out of office. I have to hand it to the anti Rivera movement in Lawrence. They don't give up.

LAWRENCE SCOFFLAWS – Former Lawrence City Council President Modesto Maldonado and Councilor Nilka Alvarez Rodriguez were hit with fines by the state Office of Campaign and Political Finance for not filing their campaign finance reports. These reports disclose who made donations to the candidate, what the candidate spent the money on, how much they have left in their campaign accounts and how much debt their campaign has. For two seasoned veterans of Lawrence politics to be so lax in their legal obligations to disclose their campaign finance reports is stunning. Every candidate knows they are required to file multiple reports every year on schedule. The public has the right to know, councilors, and they have the right to know on time.

GOODBYE MR. NICK: The Valley Patriot is saddened by the passing of Mr. Arthur Nicholson III last week. The former Methuen High principal, Nicholson was an icon in the community. The impact he had on the lives of so many people is immeasurable.

Judge Rules Against LRA Board Member Who Claimed He Had a Five Year Term

Superior Court Judge Robert Welch has rejected the claim by former Lawrence Redevelopment Authority member James Patrick O'Donoghue to remain on the board after his term expired. The judge dismissed O'Donoghue's suit against the city in a written ruling February 24, 2016.

O'Donoghue claimed that he was appointed to the LRA to a five year term and that Lawrence Mayor Dan Rivera illegally replaced him before the end of his term. (Prior story here)

O'Donoghue was appointed February 4, 2014 to fill the unexpired term of Estella Reyes, who left the board after taking office as a Lawrence City Councilor.

In fact, according to the video of the Lawrence City Council meeting the day O'Donoghue was appointed, it was made clear by Lawrence City Councilor Marc Laplante and Able Vargas the city's Economic Development Director, that the appointment of O'Donoghue was to fill the unexpired term of Estella Reyes. In fact, Reyes purposely stepped down from the board after being elected to the city council so that O'Donoghue could be appointed to her seat. (At 1Hr. and 56min into the video on line on valleypatriot.com)

Judge Welch said that "while the oath of office does reference a five year term, Chapter 121B limits the city in it's appointments. The plaintiff [O'Donoghue] filled the unexpired term of a Redevelopment Authority member. The term has expired and the plaintiff has no legal right to be re-appointed to another term."

LAWRENCE POLICE OFFICER OF THE MONTH

Lawrence Police Officer John Fornesi was recognized by the Office of Mayor Rivera and Police Chief Fitzpatrick as Officer of the Month for February as a result of his exemplary job performance in his duties related to the apprehension of a suspect related to a larceny that was a clear danger to the public. "I am proud of the work that Officer Fornesi has done and will continue to do for our Police Department," said Mayor Daniel Rivera. "Officer Fornesi has made an example of the hard work our officers do on a daily basis to keep our community safe, and I am thankful to have his professionalism and expertise on our force."

Officer Fornesi was awarded Officer of the Month for his role in apprehending a suspect related to the larceny of a motor vehicle in January. In his commendation report, written by Lieutenant Michael McCarthy, states, "Officer Fornesi was able to coordinate an intra-state effort between the Lawrence Police Department and several agencies from the State of New Hampshire. These efforts culminated in the identification of the suspect and the recovery of the victim's vehicle. The alertness and attention to detail that Officer Fornesi displayed that day resulted in the identification of a subject who represented a clear danger to the public."

"Officer Fornesi is an officer that sets a great example for our Police force," said Police Chief James Fitzpatrick. "He is out there every day ready to work and prepared to keep our community safe. We cannot think of a more appropriate recipient for Officer of the Month."

HAVERHILL MAYOR FINALIZES 2 AGREEMENTS WITH COVANTA

Saving City $1.8 Million Over 5 Years

Last month, Mayor James J. Fiorentini announced that the city finalized its two agreements with Covanta, the trash to energy facility where city sends its trash for burning. The new agreement lowers the fee (tipping fee) to dispose of trash and the city increases its host agreement (similar to a PILOT- payment in lieu of taxes). The net gain over 5 years is $375,000 per year or $1.8 million over five (5) years.

"Our new agreement saves taxpayers money on the disposal of our trash by lowering the fee for trash disposal and the increasing payment to the city for the host agreement. We have negotiated one of the lowest disposal (tipping fees) fees in the Commonwealth. The net gain to the city and our taxpayers is $375,000 a year for 5 years for a total of a savings of $1.8 million" Mayor Fiorentini said.

The city of Haverhill has two agreements with Covanta, the waste burning plant in the city. We have what is called a "host community agreement". Basically this is a payment made by Covanta to the city in lieu of taxes. A host community agreement is generally under terms set by the State, where the trash to energy facility pays the host city a set amount in lieu of paying taxes. That amount is around $2 million per year.

The city has a second agreement with Covanta, called a tipping fee. In a tipping fee, we pay them to dispose of our trash. Every city that pays for trash pickup must pay some facility to dispose of the trash. Most of the communities in the area use Covanta, although some use Wheelabrator in North Andover. Under a tipping fee, we pay the trash facility, in this case Covanta, to dispose of the trash. The payment is per ton.

Currently, we pay Covanta $59 per ton to dispose of our trash. It is already one of the lowest tipping fees in the State, perhaps the lowest. We compared our tipping fee to the fees in 40 other communities and we were the lowest.

That tipping fee, under the new agreement is going down to $55 per ton, which appears to be easily the lowest in the State.

The combination of the higher host agreement fee and the lower tipping fee will be to lower our trash disposal costs from what they were under the old agreement by a total of approximately $375,000 per year. The total savings to the taxpayers is about $1.8 million over the five (5) years of the agreement.

ANDOVER SENIORS

Andover seniors can explore and give their opinions about new 50+ housing options during a series of programs in March, sponsored by the BoomerVenture program of the Center at Punchard. Downsized ownership opportunities for people 50 and older will be discussed at "Rightsizing" (the second session) at 6:30 p.m. Thursday, March 17, at the Center at Punchard. Topics will include practical steps to begin or continue the shedding of possessions and how to discover the peace and inner richness of creating space in one's home. A $5 donation is requested for this session.

"Tapping into the Tiny House Movement," the final program in the series, will be held at 6:30 p.m. March 31, at the Addison Gallery on the Phillips Academy campus. Addison staff members will discuss the designing and building of rentable and highly innovative tiny houses. No advance registration is required for this program only.

For information or to register, contact the BoomerVenture program at the Center at Punchard at 978-623-8321 or www.boomerventure.com.

You are cordially invited for the 9th Annual Golf Tournament which will be held on Monday, May 23rd at one of the area's premiere private country clubs, Haverhill Country Club. The tournament will be a 9:30am shotgun start. All proceeds from this year's tournament will be used to

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SOUTH LAWRENCE LIBRARY

Last month, Mayor Rivera announced that for the first time in nearly a decade, the South Branch of the Lawrence Public Library will be open for business on Sundays. Beginning on February 28th, the South Branch of the Library located at 135 Parker Street will be open every Sunday from 1PM-4PM.

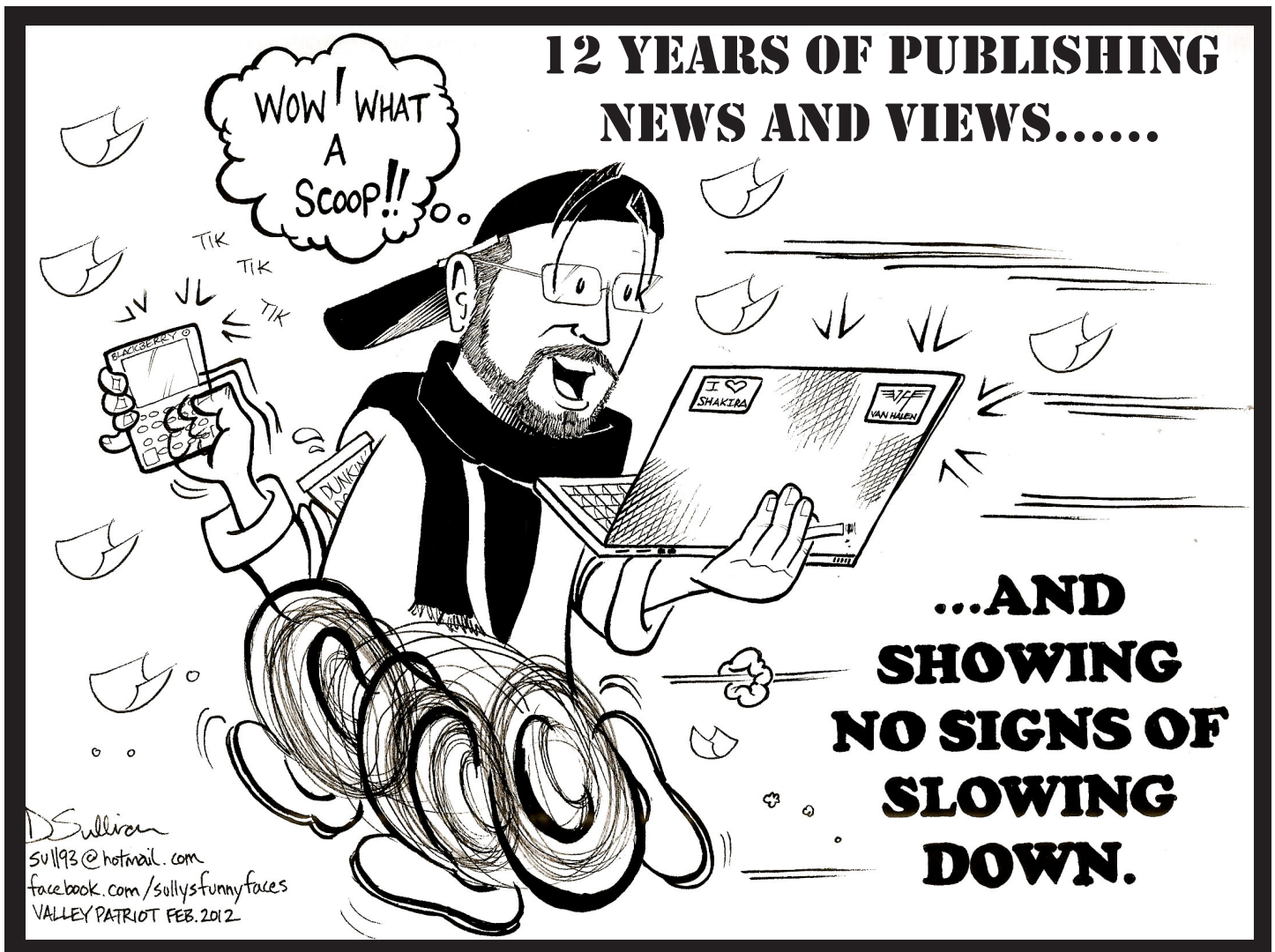
WHERE YOUR MONEY GOES

Nashoba Valley Community Healthcare Fund Awards 20 health-related grants totaling over $170,000 awarded.

The Community Foundation of North Central Massachusetts and the Greater Lowell Community Foundation awarded 20 grants, from the Nashoba Valley Community Healthcare Funds, to help improve the health of residents in 13 communities in the region.

"Because it is an endowed fund, each year we can make important grants that help improve people's health in the Nashoba region," said Phil Grzewinski, president of the Community Foundation of North Central Massachusetts. "We thank the tireless work of the volunteer committee for helping us review and prioritize these important grants," said Jay Linnehan, executive director of the Greater Lowell Community Foundation.

NOTEBOOK: 30



Thank you to Dave Sullivan of Dracut for sharing with us your amazing talent every month with custom drawn political cartoons over the years.

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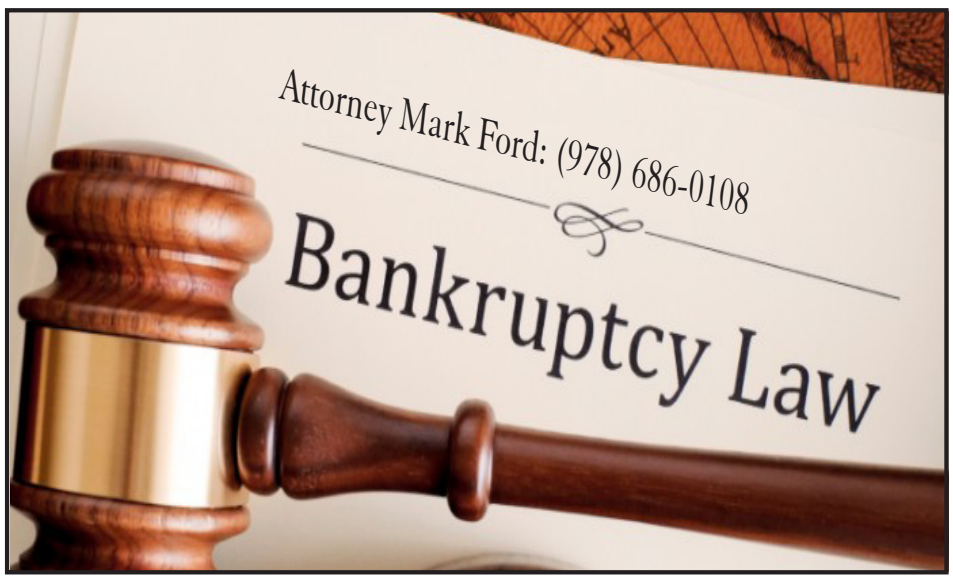

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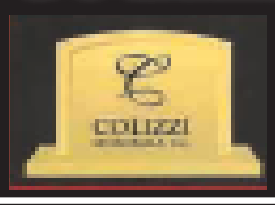

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Lawrence Councilors Fined For Refusing to Disclose Campaign Contributions and Expenditures

The Massachusetts Office of Campaign and Political Finance (OCPF) has fined two Lawrence City Councilors and warned a third because of campaign finance violations from the last city election.

Lawrence City Councilor at Large Nilka Alvarez-Rodriguez, who has served more than 10 years on the city council, was fined $825 by OCPF for refusing to file her campaign finance reports to the state.

The fine of $25 per day for every day the reports are not turned in must be paid by Alvarez-Rodriguez personally as state law dictates she cannot use her political campaign account to pay the OCPF fines.

Alvarez-Rodriguez was warned back in December of 2015 when she failed to comply with state law to file her campaign finance reports. A letter to Alvarez-Rodriguez from OCPF dated January 27, 2016 notified the Lawrence City Councilor that her case was being referred to the Massachusetts Attorney General's Office for prosecution.

On February 22nd, Alvarez was again notified that she had failed to comply with state law regarding disclosure of her political campaign donations and expenditures even after three notices and a referral to the AG.

This is not the first time Alvarez-Rodriguez has been in trouble for failing to comply with state law regarding disclosure of her campaign finances. In 2015, the at-large city councilor was also late to file her campaign finances.

But Alvarez-Rodriguez is not the only Lawrence City Councilor in trouble with OCPF, former Council President Modesto Maldonado was also fined by OCPF for refusing to comply with state election laws. Maldonado, who publicly boasts that everyone must pay "their fare share" and comply with state law, was fined $125 for failing to file his political contributions at the end of the year.

Maldonado is no stranger to state enforcement agencies, as Attorney General Maura Healey ruled in September of 2015 that Maldonado had violated the state's open meeting law by having secret city council meetings with a quorum of councilors and refused to release the minutes of those meetings.

Lawrence City Council candidate Robert Flete was fined $250 for submitting his campaign finances late.

IN YOUR CORNER WITH SENATOR KATY IVES

State Senate Passes Public Records Reform

The State Senate recently advanced legislation that seeks to enhance government transparency and accountability by providing residents with greater access to public records and imposing penalties on government entities that do not comply with public records requests.

Senate Bill 2127, "An Act to Improve Public Records" would impose clear limits on the time government entities have to comply with requests, reduce the cost to the public of requesting records, and improve and enhance enforcement mechanisms. The way in which we store and communicate information has changed significantly over the past forty years since the last update to the public records law in the early 1970s, and this legislation brings the Commonwealth in line with other states and the federal government in responding and being held accountable to public records requests.

Senate Bill 2127 tasks state and municipal governments with furnishing public records by posting them, whenever possible, on searchable, indexed public websites to ensure easy access. If a resident interested in a particular record should not find the desired information, he or she may seek assistance from the designated Record Access Officer, who is responsible for coordinating a timely and thorough response on behalf of the appropriate state government entity or municipality.

Under this legislation, a government entity has 15 days to comply with a request for public records or 10 days to notify the requestor of the need for an extension. Government entities would also be limited in the amount of money they could charge to fulfill a request, capping the fee at five cents per page and performing the first four hours of labor, or first two hours in the case of municipalities, free of charge. Fees may be waived or reduced if a request is made in the public interest or if the requestor lacks the financial ability to pay.

Importantly, the bill would also address noncompliance by allowing a superior court to order the offending entity to pay the attorney fees of a requestor who seeks judicial relief after their public records request was not completed. A government entity may also be required to pay punitive damages ranging from $1,000 to $5,000 if a superior court rules that they did not act in good faith. Damages would be directed to a fund to support municipal improvements to their information technology capabilities.

The bill will now be reconciled with the version of the public records bill passed by the House of Representatives before being sent to the Governor.

Senator O'Connor Ives can be reached at KATHLEEN.OCONNORIVES@MASENATE.GOV .

Senator L'Italien Talks About Her Trip to Israel

Massachusetts State Senator Barbara L'Italien was recently criticized in the daily paper for taking a trip to Israel. Anti-Semitic groups from the Boston area protested her trip. We wanted to give Senator L'Italien the opportunity to talk about her trip and the controversy. In part 1 of our discussion, Senator L'Italien talked about her personal experiences and what she learned from the trip. Next month she will talk about how the trip influences her as a state senator from Massachusetts.

What was this whole controversy about you going to Israel?

"There were some people who signed petitions, they were dropped at my office. They wanted to meet with us to say basically 'don't go to Israel.' To which I say, everyone has the right to travel wherever they like. I think it's better to learn first-hand what is going on over there as we have a real stake in what's going on in the Middle East. The implications going forward of what's happening with ISIS and all of that, we need to understand it because it's coming to our soil. And the implications of terrorism is not just at the federal level, but at the state level as well.

We have to up the ante and restructure our definition of security. We have to find the balance between freedom and security. So, yes, we were asked not to go by a lot of people, none of whom lived in my district. It was all people from the Greater Boston area. I'm not sure why it was even a story."

"What happened was, the Jewish Community Relations Council runs these groups on a regular basis. The senate president was asked to structure a trip to include senators interested in going. There were 10 senators that attended, including the senate president and the chair of ways and means. Senator Eileen Donoghue and myself were the two Merrimack Valley senators who attended. We were there for ten days and it was very beneficial."

TAKE OFF YOUR AMERICAN HAT

"When we landed, our tour guide said this was a very complex place. 'If you leave here with more questions than answers then we've done our jobs,' he told us. The approach was not to give us preconceived ideas like 'this is what we want you to be thinking when you leave here.' It was more 'take your American hat and your American way of thinking off. Come in and look at all of the things that are going on and understand this is a very complex place to live.'"

"I had been to Israel before in 2008, with a group of house members. I was really glad I had gone before and this was my second trip because the second trip was vastly different."

"Because there are random acts of violence going on in Israel, and in particular Jerusalem, there were areas of the old city that we were not able to go to. So, the first time I went in 2008, we were able to go to the Via Dolorosa and do the walk of Jesus on Good Friday. We were able to go the mountain where Palm Sunday took place. But, there were a lot of religious and cultural sites we couldn't go to this time."

"We went everywhere with an armed guard. A 23 year old young man, whom I would argue was going on 40 because he had finished serving 3 ½ years in the Israeli Defense Force. He had an unbelievable sense of maturity. We learned a lot from him. He took us around and it was very different. We don't have to worry about terrorism here in the US when we go the store, or get in our cars, but that's starting to change here too.

The balance is starting to change here as more things happen like the Boston Marathon, and San Bernardino. We are going to have to have some real discussions in this country about where we find that balance. Israel has been there for decades and it was fascinating to see how they handle it."

Jewish Community Relations Council talking about the upcoming trip with senators before going to Israel. Pictured: (facing camera) Sens. Eileen Donoghue, Anne Gobi, Karen Spilka, JCRC Director Jeremy Burton, Sen. Richard Ross. Don't know the guy at head of table, but then the guy to the left looking at him is Senate President Stan Rosenberg.

"When I went to walk into a mall, we were subject to going through metal detectors, being searched, having your bags searched, you know, what we experience at the airport here. Over there you experience that every time you go into a store, or a night club, or a restaurant."

Asked if she thinks that this is what the terrorists want, for America to worry about attacks in malls and restaurants, she said she didn't.

"I don't think they really much care what level of security we offer here. I think the young people engaging in this kind of terrorism, and willing to blow themselves up, just want to send a message and spread terror. I don't think they are even considering the security ramifications are on this side. I think if you are so dedicated to a cause and you are willing to give up your life like that, it's very difficult to stop those people. I think our strategy is about containment, because these things are so random when they are going to come up."

"We are lucky as a country where we have been able to stop a lot of these things through surveillance or whatever, but their targets are not necessarily going to be the targets we think of, they are going to be the soft targets."

L'ITALIEN IN THE WEST BANK

"We were able to go into Bethlehem. We were there during Chanukah, in December. But, to go into Bethlehem you have to switch tour buses. Israeli citizens are not allowed to go behind the wall into the West Bank. So, you get off the tour bus and wait on the side of the road for a Palestinian tour bus to come get you. A lot of my colleagues were very nervous during that changeover."

"Then we got on a Palestinian bus with a Palestinian tour guide and made our way

ISRAEL: PAGE 30

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Gr. Law. Tech. School Committee Member Produces Transparency

Jessica Finnochiaro
GLTSC MEMBER

Greater Lawrence Technical School Committee member Jessica Finnochiaro has publicly released information on how the board is operating.

Gr. Lawrence Technical School District Committee Meeting on 2/9/2016: HIGHLIGHTS & VOTES

These posts are part of an effort to increase transparency & outreach to my constituents and the district by providing updates on committee matters.

SENIOR STUDENT RECOGNITION: Wilfred Acosta was honored as a Reggie Leader, and for his contributions to GLTS. He has been on the cross-country team for 3 years and the basketball team for 1 year. His graphic designs have been chosen for logos and awards including the GLTS annual Christmas card, and SkillsUSA competitions. His work was even shown at the Punchard Gallary in Andover. He works both a co-op and an additional job and volunteers to the Lawrence Boys and Girls Club and Elevated Art, a youth art program.

FINANCE REPORT: The Capital Improvement Committee approved an additional $80,000 for community assessments for the Capital Improvement Fund. The school has over a million dollars in immediate needs unfulfilled in the Capital Improvement Fund, and after much discussion before and during the meeting I felt that voting in favor is necessary to GLTS immediate and long-term goals. One of the largest expenditures for example is fixing some of the crumbling brick walls on the facade that desperately need repair. Vote: yea, unanimous.

STAFF EVALUATION DATA: On January 26th DESE released the 2014-2015 Educator Evaluation Performance profiles, and we were pleased that of our 170 educators to be evaluated, 161 had successful evaluations, which is 94.7%, and of them 6.8% were Exemplary, 83.2% were Proficient, and 9.3% Needs Improvement.

ANNUAL BUDGET UPDATE: The current estimated preliminary budget for FY 2017 is $27.1 million, of which Methuen's mandatory minimum contribution is $2,909,773 for foundation revenues. This is a decrease in roughly $85,000 from last year.

UPDATE ON TECHNICAL VOCATION EDUCATION: Governor Baker spoke on January 22, 2016 at the Alliance for Vocational Technical Education Forum. Governor Baker announced $83.5 million in additional funding for career vocational technical education in Massachusetts.

CO-OP COMMITTEE UPDATES: This committee was created to remove the obstacles that prevent students from gaining employment in their career areas. Currently over 300 students are in co-op and that number is rapidly growing from years past. More info coming soon. If you are an employer and would like to offer GLTS students a co-op position please email coopcom@glts.net.

POLICY UPDATES: I recommended that the committee not act on the Suspected Misconduct and Dishonesty Policy and Fraud Prevention Policy until we revise it further, and the committee agreed and withdrew the motion. The committee will vote on revised versions at a later date.

STEAM STUDIO: We are learning more about a prospective STEAM Studio program for GLTS.

OUT OF STATE TRAVEL: Vote on state travel for the Boys Volleyball Coach and players to Rivier University in Nashua, NH. Vote: Yea; Unanimous.

TRANSGENDER TRAINING: Our staff is working on transgender expression education and awareness at GLTS, more information coming soon.

OTHER VOTES FROM JESSICA ON 2/9/2016:

-Vote to approve minutes: yea, unanimous

-Cash balance report: yea, unanimous

GLTS: PAGE 27

This Administration Needs a Reality Checkpoint

Kenneth Willette
OPINION COLUMNIST

Retrenchment in foreign policy has never been a winning formula. Just look up Neville Chamberlain in the history books for a refresher course. Operating from a position of strength has always been more durable to lasting peace than slowly agreeing to unilateral concessions. Unfortunately, ignoring treaty violations, abandoning allies and giving adversaries the unwarranted benefit of the doubt have been the diplomatic norms during the latter part of Obama's presidency. Whether it is a pivot to his more familiar liberal roots or a misguided effort to solidify his legacy, President Obama, and by extension Secretary John Kerry, have given too much, too quickly to nations and groups hostile to our national security interests and our standing in the world.

Upon arriving in office, Obama, in many tangible ways, continued the wartime policies of his predecessor. These directives included adopting the successful surge in Iraq to the Afghan theater, keeping Gitmo open, preserving the drone program and vigorously using the powers of the Patriot Act. But Obama suddenly deviated from these proven strategies to combat terrorism and hold hostile countries in check. In 2011, Obama removed the last wave of U.S. troops from Iraq without a fight, which allowed ISIS to form in the military vacuum. He also openly telegraphed a specific timeline for US troop departure out of Afghanistan, even in the midst of a resurgent Taliban. His failure to follow through on his promise to confront Assad in Syria has resulted in the deaths of hundreds of thousands of civilians and the largest mass exodus of refugees since World War II. As if that is not enough, he also recently recommended the closure of Gitmo. Obama asserts that Gitmo is a blemish on our nation's prestige as a democratic beacon of hope. The black mark is not the presence of a military prison holding war criminals. Would a supermax prison transfer in the States be that much different? Didn't we hold high-level Nazis in a military prison during the Nuremberg Trials in Europe?

The bigger problem lies in the systematic efforts of this Administration to surrender spheres of influence. The Kurds, who suffered greatly the wrath of Saddam and his use of chemical weapons, have had to fight singlehandedly against the advances of ISIS until just recently when the Obama White House woke up from its collective coma. When Obama failed to leave a contingency of troops in Iraq, ISIS quickly gathered strength, acquired U.S. military equipment left to the Iraqi government and committed massive crimes against humanity. But in the words of the president-- "We're leaving behind a sovereign, stable and self-reliant Iraq."

Secretary Kerry has been equally disappointing. The economic sanctions again Iran were working and were absolutely devastating, yet the U.S. blinked first. Contrary to the Reagan principle of 'trust but verify', Iran will receive anywhere between $100-$150 billion in unfrozen assets for the possibility of doing the right thing. The frontline inspectors will not have unfettered access to critical facilities, and they will have to endure weeks of delay before proceeding and gaining access to potential sites suspected of violations. Equipment and personnel can easily be rotated and moved in that window of time. A possible harbinger

OBAMA: PAGE 27

SHEILA'S RECIPE CORNER: Swiss Chard Frittata

Sheila Mullins
VALLEY PATRIOT COOKING COLUMNIST

Breakfast…what to make? Sometimes I, too, get in a rut. I've been reading the same thing you have, eat a rainbow to get all of the nutrition you need. I've also been using some "new" veggies so I purchased some Brite Lights Swiss Chard. Boy, is it ever beautiful! And, tasty, too! I'd come across some recipes for Swiss Chard, but breakfast was on my mind, so a frittata was born. It has a quiet house rating…that means it was so good all the talking ceased. Now, THAT'S a winner!

Swiss Chard Frittata

Prep time: 15 minutes Cook time: 30 minutes Serves 6-8.

8 eggs
1 medium-large carrot, peeled & grated
1 t dried dill
¾ c grated Fontina cheese
½ t pepper
¾ t salt
1 bunch Brite Lights Swiss Chard stems, chopped, & 6 large leaves chopped
¼ c heavy cream

Preheat oven to 350°F. Grease well a 9" pie plate.

In a medium bowl, add the dill, eggs, salt, pepper. Whisk well. Mix in the grated carrot & Swiss Chard. Pour into prepared pie plate. Top with Fontina cheese.

Place in oven & bake until done, about 30 minutes. Serve hot or room temperature.

I have been making a recipe for a long time, so long; I have no idea from where I originally found it. I made it fairly recently & Jerry said that he wished he could have all the flavours throughout. I spent some time thinking & came up with what he & a guest said was a perfect solution: a roll up. It's pretty easy, but a bit messy. That said, I served it several times to guests & it was a hit all the way around. This recipe can be doubled, etc. with no problems.

Prep time: 25 minutes Cook time: 25 minutes Serves 2

2 boneless, skinless chicken breasts
2 plum tomatoes, seeded & diced
1 pkg. basil leaves
½ lb. bacon
Salt & pepper

Preheat oven to 350°F.

On a roasting pan with a draining top , place the bacon & bake for about 10 minutes, or until halfway cooked. Remove from oven & drain on paper towels. Reserve.

Between 2 pieces of plastic, using either a mallet or rolling pin & flatten each piece of chicken so that it is ¼" thick. Remove plastic on top. Season the chicken well. Cover the entire piece of chicken's top side with basil leaves, then top with the tomato scattered. Leave 1/2" all the way around at the edged uncovered with tomato. Roll up & secure with toothpicks. Take the bacon & wrap around the roll up. Secure bacon with toothpicks.

On same pan that the bacon cooked upon, place the rolled up chicken pieces & bake until internal temperature reaches 150°F. Cover & rest 6-9 minutes before serving. Remove toothpicks. Slice & fan out to serve.

Recipes are created by Sheila Mullins & taste tested by Jerry & Sheila Mullins & often times, friends. Sheila lives in Newburyport & is a personal cook. She can be reached at Sheila_A_Mullins@hotmail.com & she looks forward to hearing from you.

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Happy 12th Anniversary to Tommy Duggan and The Valley Patriot!

Your Friend,
Tim Sheehy

Happy 12Th Anniversary

FROM YOUR FRIENDS AT ...

The Methuen Police Patrolman's Association & Superior Officers' Union

For the last 12 years The Valley Patriot has shown an undying commitment to law enforcement and it has not gone unnoticed by those of us who wear a uniform. From the men and women of the Methuen Police Patrolman's Association and the Methuen Police Superior Officers' Association we want to say THANK YOU to Tommy Duggan and everyone at The Valley Patriot! Thank you for objectively reporting the truth in an industry that should take notes from your success.

Ye Gay Ol' Valley

Saying Goodbye to a Brother

Dani B. Langiven
VALLEY PATRIOT LESBIAN COLUMNIST

On Saturday, February 27, my sister, niece and I met at my brother's apartment and within three hours dismantled the life that he had assembled for 56 years. It was a vulgar and heartbreaking task. Eleven days earlier we had lost Rob to his battle with alcohol. His disease, like all diseases, did not define Rob; it destroyed the essence of who he was. He was next to perfect when it came to what it means to love, but he was also terribly flawed.

First and foremost, Rob was family man. He was fiercely dedicated to every one of his relatives. His capacity to love was incredibly limitless and palpable. My brother stood at only 5 feet 6 inches tall and, at his heaviest, was probably about 145 pounds. He was small man in stature with an almost debilitating Napoleon complex. For decades he worked out daily building his muscles to make himself look as big and tough on his exterior while being a marshmallow of a man on the inside. Although his physicality was below average for a typical American man, when he hugged you he felt seven feet tall. Rob had a hug you could feel through every fiber of your being. When he hugged you, you felt as if you were the only person in his world and it was you, only, that he loved. It was a gift no other person in my life has ever been able to match.

In 1987 Rob got married and eventually had two vastly different children. His daughter Jaime, 23, graduated from the University of New Hampshire with a degree in social work, is a member of AmeriCorps and works with female abuse victims and addicts. She has shown nothing but courageous resolve throughout her father's painful decline into alcoholism. She fought like a prizefighter to keep her father alive then stood by his side with great strength and patience, holding his hand as he slipped away from us. His son Grant, 21, a devastatingly brilliant young man will be graduating from Carnegie Melon as a Naval officer with a degree in Nuclear Engineering. Grant did his best to balance the grueling demands of an accelerated degree while trying to support his sister from several hundred miles away. They are two kids facing the loss of their father and doing what they can to help each other let go of the dreams they had of living a life with their father in it. Their strength is testament to his legacy. Jaime and Grant are Rob's greatest accomplishment.

Rob's proudest moment was the three years he spent in the United States Army from 1978 to 1982. Most of his enlistment was spent in Wiesbaden, Germany where he excelled in weaponry and was known as an expert marksman. Rob never saw any military action, but the terrible racial divides that existed in the military at that time left him scarred and angry. He came back from the army with a heavier than life chip on his shoulder that would only grow over time.

When my nine-month-old daughter developed a benign, but life threatening tumor, it was Rob who spearheaded a fundraiser to help with medical bills. He tirelessly went from business to business receiving donations of items to be raffled off. After that he solicited family, friends, and acquaintances to buy tickets eventually raising almost $15,000. He thought nothing about it at the time, but that was Rob: always doing what he could to help a person in need simply because it was the right thing to do.

Little by little life began to do what it does, bring set backs into people's lives. Rob was no exception. Our mother died in 1994 of colon cancer. It was Rob who was holding her when she took her last breath. Hers would be the first loss Rob would never be able to recover. Rob's marriage began to decline. He fought for years to save it. I've never seen a man fight with such fierce determination for a cause that the rest of us knew was already lost. All of us in the family tried to get him to see the truth, but he wasn't willing to accept it. Eventually, however, he had to accept defeat and with a completely shattered heart he agreed to a divorce. This was when I began to notice that Rob was slowly breaking into a million pieces and he sought solace in an old friend, alcohol.

In May of 2006, we lost our father, as we did our mother, to colon cancer. For some cruel twist of fate, it was Rob, once again, who was with him as he, too, took his last breath. Another piece of Rob broke away. It was at this time that I became acutely aware Rob was becoming increasingly incapable of letting go of the past. He was not only incapable of living in the here and now, he could not see into the future. If any future did come into his vision, it was haunted with more loss and heartache. Rob slipped deeper and deeper into depression and alcohol.

As his drinking escalated, the chip on his shoulder grew larger, he became angry, easily agitated or reduced to tears and more and more irrational. The small man with a big heart was slipping away right before all of our eyes. In 2013 we thought he had hit his bottom. He was let go from his job due to his drinking and went into rehab. There was a collective sigh of relief throughout our family because he was finally getting help. He did extremely well in the program and was sober for over 40 days. Then he decided that he did not deserve to be happy and dove head first into a bottle of vodka. It was our turn to be heartbroken.

After his stint in rehab and his self-destructive belief that he did not deserve happiness, my brother killed himself emotionally. Little by little he removed himself from the lives of his family members. He stopped his daily workouts. He slowly bowed out of family outings until he came to none. His mind was pickled and his body began to break down. Pound by pound melted away as he recoiled from everything and everyone he loved and that loved him. I don't understand how a man with such a massive capacity to love and make others around him so happy could not feel the love we had for him and find happiness in that.

I spent the last 7 days of Rob's life in his hospital room looking at the shell of what had once been my incredibly loving brother. His two children and my brother Rick were with him as he finally slipped away and was reunited with our parents. After living for years in deep physical and emotional pain, Rob is finally at peace.

If you are someone struggling with an addiction of any kind and you have family and friends who love you and have asked you to get help, PLEASE get help. They're asking you because they love you and you deserve that love and you deserve to be happy.

Beneath the Surface

So you Think You're Pro-life? Think Again

Paul Murano
VALLEY PATRIOT COLUMNIST

One presidential candidate the other day was accused of being too pro-life. Is that possible? Can a person value human life too much?

If you've read this column in the past or have heard the Beneath the Surface radio show, you know that I value clarity over almost everything. It appears very clear to me that most people who call themselves pro-life are not, but are in fact pro-choice. This is because the term 'pro-life' includes being against all killing, harming, or impeding of innocent human life; and it necessarily includes three vital facets to which most so-called pro-lifers do not ascribe.

First, it is reasonable to conclude that most "pro-lifers" continuously abort their own children and do not even know it. That is because many use the IUD, Depo Provera, the morning after pill, or, most commonly, the common birth control pill. The main aim of the birth control pill is for the artificial hormones in its chemical composition to suppress ovulation to render conception impossible. This, however, is not always effective. Yet, when conception does occur there is a fail-safe: the hormones thin out the lining of the mother's uterus, making it impossible for the tiny child to attach to the endometrium. This results in flushing out of tiny embryonic babies from the mother's body without her even knowing it. Only God knows, therefore, if on the pill for any length of time, how many times a woman has aborted.

Second is the notion of "exceptions". This is popular among politicians who want to claim to be pro-life but not "too pro-life". This usually includes exceptions for rape and the life of the mother. With today's technology it is very rare, if not non-existent, to find a case where the doctor would have to choose between the child and the mother. The rare cases when there is an ectopic pregnancy or when a cancerous uterus threatens the mother's life, when both parties are medically certain to die, it is licit to remove the uterus or the diseased part of the fallopian tube to save the mother. In these cases the intent is to save one life when both would otherwise die, and the child is never directly attacked. This literally would be a life-saving operation rather than an abortion. Regarding rape, we need to ask whether we should punish an innocent child for the crime of his or her criminal father. While the woman is the victim of a horrible crime, two wrongs never make things right. If you were to survey victims of rape who have kept their babies and those who have aborted them, it is clear that abortion compounds the pain and suffering experienced by the women. Rebecca Kiessling, herself the result of rape, heads a network of women who were conceived in rape, emphasizing their right to life as no less valuable that ours (www.rebeccakiessling.com).

Lastly, most "pro-lifers" support practices that impede human life, contributing to our culture of death. These include contraception, in vitro fertilization, and homosexual acts. As discussed in prior columns, choosing to impede or pervert the natural end of sexual union, seeks to separate pleasure from purpose, as bulimia does for eating, and is an intrinsically disordered act. The practice of in vitro fertilization has the added problem by destroying embryos that are no longer "needed" in the process. Additionally, the contraceptive mentality overall rationalizes illicit relationships and sees the conceived baby as a "mistake" that needs "fixing" rather than a gift that needs loving. Every nation that has accepted abortion has first accepted contraception as its precursor and foundation. Most 'pro-lifers' fail to realize that abortion will not end until contraception is first rejected.

By supporting the "choice" to practice acts that destroy, impede, or disregard human life, many pro-lifers are unwittingly "pro-choice". While they oppose the 60 million surgical prenatal homicides (abortions) performed since 1973, they ignore the 250 million caused by chemical abortions, the millions more killed or frozen in suspended animation by the in-vitro process, and the impeding of countless potential human beings through acts which violate natural law that uphold our culture of death. Condoning or supporting any of these anti-life practices is being anything but pro-life.

Paul Murano teaches philosophy at Rivier Unniversity and North Shore Community College. He hosts Beneath the Surface radio program on 980 WCAP Mondays at 10-11pm; he is chairman of Heartbeat Pregnancy Help in Burlington, and is a singer/songwriter/musician. E-mail Paul: PJDM@aol.com

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The *PULSE!*

The Attack on Charlie Baker

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

By the time this article is published, Super Tuesday, March 1st will be over. Not only will we know who the Commonwealth of Massachusetts selected as their choice for both the Democrat and Republican nomination for President of these United States, but we will know who Republicans selected as their choice for Republican state committee. Here in the Lowell area the race has been surprisingly active and hotly contested. Amongst the candidates on the ballot the choice for Republicans is between those who were endorsed by Governor Baker and those who were not.

Candidates endorsed by the most popular Governor in the country are grateful and those who were not endorsed… well, are not grateful. As a matter of fact, those who were not graced with the Governor's magical mist of endorsing perfume are quite pissed. Those who were endorsed were pretty much selected based on what the Governor projected as the best choice for their perspective area and those who worked their tails off for him during his quest for the Governorship.

Those who were not endorsed, they were probably someone who is passionate about the Republican Party, but either didn't get noticed by the Governor, didn't ask for an endorsement, didn't seek one, were refused or just didn't make it onto the Governor's radar. Hey… stuff happens. You didn't get the endorsement this time, but maybe next. Man up. Grow a pair and work your tail off for that endorsement next time. Make sense?

Not!

Many of those who didn't get the Governor's special touch, feel slighted and are claiming everything from a conspiracy against conservatives to a flat out snub. As a person who travels in and out of these various factions of the haves and have nots I can tell you people have worked overtime in working themselves into a lather. It's absurd.

I don't get a sense that the Governor slighted anyone on purpose at all. As a

matter of fact, the Governor is trying to do something many of his predecessors have tried and failed at, which is to build the Republican Party in Massachusetts. As simple as it may seem it appears that the slighted masses of Republican State Committee candidates are extremely upset and are now out for blood.

Like petulant children the slighted masses have stomped their feet and proclaimed revenge on Governor Baker for their own shortcomings. Everything from threats such as "I'll vote for and support the next Democrat against Charlie" to "I'll stay home" Or "We need to destroy the party and rebuild." How about "We need a conservative in the Governor's office and we'll never compromise again." On and on and on the threats and teeth mashing carries on like a classroom full of spoiled rich kids. I get it… you're mad.

My suggestion to everyone slighted. Grow up. Work harder. Don't blame the Governor if in fact… you lost. The Governor's endorsement is nice in these races, but nothing replaces hard work and the pressing of the flesh in your path to victory. So if you won without the Governor's endorsement, congratulations. If you lost without the Governor's endorsement, then suck it up, quit you're bitching and work harder next time. Either way, you earned what you got.

The Governor is trying to build a party, which is a team. On a team, sometimes you play and sometimes you're asked to sit on the bench. Your contribution to the team either way is invaluable. Don't complain about the coach if you didn't get

BAKER: PAGE31

Campbell Amendment Requires Hospitals to Report Overdoses to Primary Care Physicians

The Massachusetts House of Representatives took a number of important measures in addressing the ongoing opioid abuse crisis in the Commonwealth. The House passed comprehensive legislation that incorporated aspects of Governor Baker's bill, the Senate opioid bill, input from the medical community, and input from families who have been affected by this scourge.

The House legislation requires that practitioners cross check the state's Prescription Monitoring Program prior to prescribing high-risk opiates and limits first time opiate prescriptions to a 7-day supply for adults and a 7-day limit on every prescription for minors. The bill also updates current law, requiring all public schools to integrate the dangers of substance abuse into their curriculum and requires for the first time that hospitals conduct detailed evaluations of every patient who is treated for symptoms of an opioid overdose.

An amendment filed by Representative Campbell was adopted that requires hospitals to notify a patient's primary care physician of an opiate-related overdose and requires hospitals to record opiate-related overdoses on a patient's medical record.

"Doctors are working intensely on this issue and this provides them a very straight forward vehicle to improve coordination of care and notify their colleagues of an overdose. This amendment would facilitate critical communication starting with the primary care physician, who has a coordinating and referral role in the patient's care, and provides an avenue for information sharing," said Representative Linda Dean Campbell (D – Methuen).

This legislation follows substance abuse legislation passed by the legislature in 2014, and compliments a number of substance abuse initiatives in the FY16 budget. These include $15.2 Million for residential recovery home beds and a new initiative championed by Representative Campbell to allow for bulk purchasing of Naloxone (Narcan) for local cities and towns. The legislature has increased funding to combat opioid addiction by approximately 65.2% since FY12.

"While this crisis continues to escalate, this bill will give certainty to individuals suffering from opioid addiction and their families and our communities that the legislature is committed to working to address this crisis head on," added Campbell.

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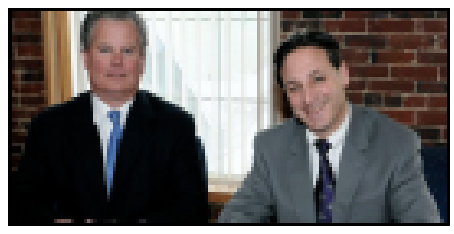

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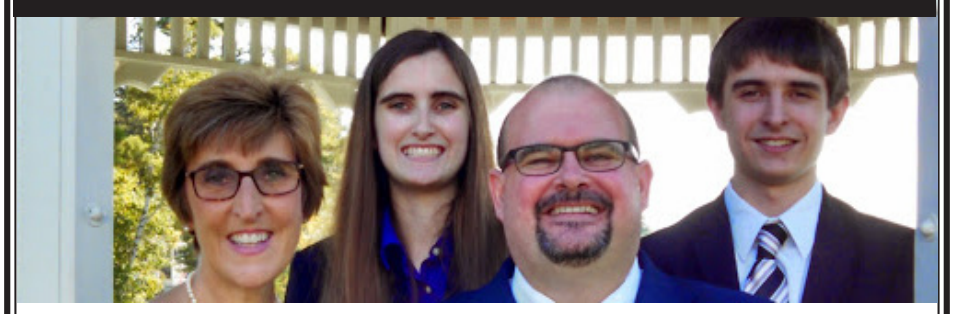
HAPPY 12th ANNIVERSARY!



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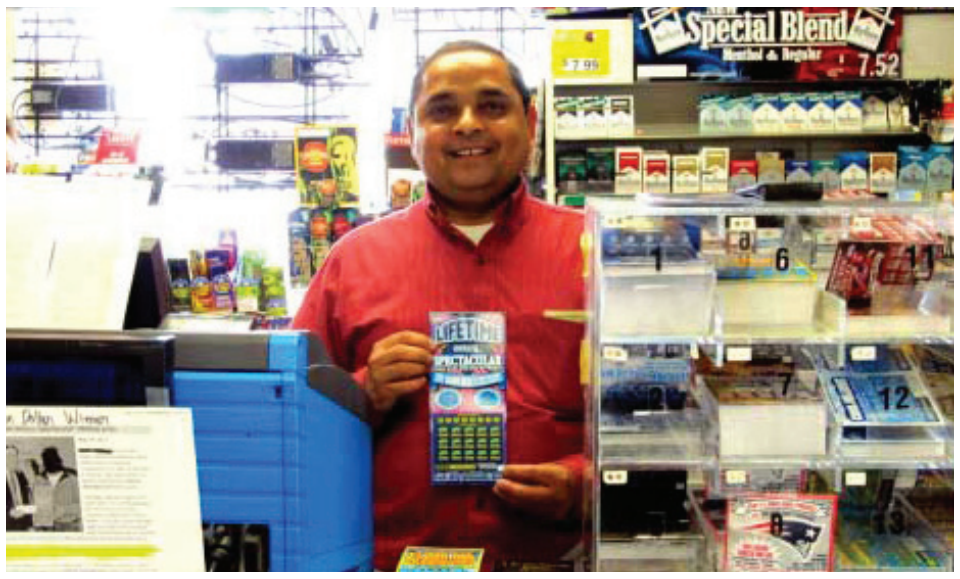
Hollywood actor Steve Blackwood coaches one of his students at The Act Theater in North Andover. His next Masterclass 1 on March 12th from 12:30-3:30pm. You can email Steve for details at: ksblackwood43@gmail.com



Hasmukh Vora of Rt. 110 Convenience Store on Merrimack Street in Methuen is a sponsor of The Valley Patriot's 12th Anniversary BASH! (March 25th see page 1). Make sure you stop by and tell Hasmukh you saw his picture in the paper when you are picking up your lottery tickets.

Haverhill Deputy Chief Anthony Haugh, Senator Kathleen O'Connor Ives, Haverhill Police Chief Alan R. DeNaro, Representative Diana DiZoglio, and Representative Linda Dean Campbell during the Shannon Grants Ceremony.

Methuen & Haverhill Awarded Youth Violence Prevention Grant

There is always strong support in the Legislature for the funding of Shannon Grants because they work. The partnership between Methuen and Haverhill working with local youth to combat gang violence has been very fruitful in the past. These grants promise to divert our youth from jail and provide opportunities for them to pursue a path towards productive citizenship.

Massachusetts Governor Charlie Baker with North Andover School Resource Officers Kara Caffrey and Fredy Almanzar-Thomas, and North Andover Police Chief Gallagher. Baker was at the Kittredge School last month for Read Across America. Baker read to the children of North Andover thanks to an invitation by State Representative Diana DiZoglio.

Congratulations and Thank You to
The Valley Patriot
for 12 Years of compelling, exclusive news stories!

Marc Laplante
Lawrence City Council District F
Paid for by the Committee to Elect Marc Laplante, 29 Durso Ave.
marclaplante@rocketmail.com, (978) 376-6702

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- Maintain Quality and Responsive Municipal Services
- Work to Achieve AAA Bond Rating

LET'S KEEP THE MOMENTUM GOING!

VOTE Tuesday, March 29, 2016

Rosemary Connelly
Smedile
Selectman
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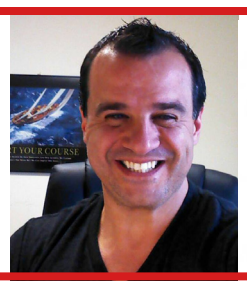
The Kittredge School in North Andover was all abuzz about Governor Baker coming to read to the students, but before he arrived, North Andover's Finest, Officer Hilner and State Representative Diana DiZoglio spent some time reading to first graders and talking about what they do. Representative DiZoglio invited Baker to attend the school to celebrate Read Across America.

Volunteers from the Methuen Home Depot volunteered their time last month to build kits for homeless veterans at Veteran's Northeast Outreach Center in Haverhill. Veterans Northeast Outreach services hundreds of homeless veterans in The Valley. Thank you Home Depot for helping our homeless veterans in their time of need. If you or your business would like to help our homeless veterans in some way you can visit them on line at northeastveterans.org.

A VALLEY PATRIOT REUNION!

Lawrence Mayor Dan Rivera and "The Guy From Boston" Joe Ligotti having fun at last year's Valley Patriot BASH. Both Ligotti and Rivera will be returning this year on March 25th, at the Firefighter's Relief's In (1 Market St. in Lawrence). Visit valleypatriot.com for tickets.

THE B-STREET BOMBERS will be performing at The Valley Patriot BASH! Thanks to the generous sponsorship of **JOEY ZINGALES OF TEAM ZINGALES IN METHUEN ... THANK YOU JOE!!**



TEAM ZINGALES

IT'S TIME

"I am running for the Board of Selectmen against a five-term incumbent. We've had recent success with our new Town Manager and new Superintendent of Schools, both of whom have brought fresh perspectives to North Andover.

After five terms, it's time for a new Selectman.

It's time for a new master plan for North Andover. Our current Master Plan is nearly 20 years old, and although we see changes, I worry that we don't have an overarching plan. It's time to rejuvenate commerce and attract new capital to North Andover. It's time to truly collaborate. Cooperation is not the same as collaboration and it's time we bridge communication and vision between the Board of Selectman and School Committee. As an active community member with solid business and executive skills; and as a finance executive, I know how to plan and, more importantly, put that plan into action."

I ask for your vote, and I am grateful for your support."

A Fresh Perspective

Chris NOBILE

Board of Selectmen

Your vote for the Board of Selectmen on Tuesday March 29th will shape the direction of North Andover

- North Andover School Committee - served three years
- North Andover Finance Committee - current member
- YMCA Building Board of Managers - oversaw $22 million expansion
- North Andover Soccer Association - 10 years
- North Andover Booster Club Basketball Coach - 10 years
- Member St. Michael Church - 20 years
- Executive in financial services industry- 35 years
- Married to Suzanne- one adult son and two young sons in North Andover schools
- Degrees in Economics & Psychology from University of Vermont
- CSS in Business from Harvard

Thank You, Chris

Paid for by the Committee to Elect Chris Nobile Visit www.nobileforselectman.com

GET BASH TICKETS AT VALLEYPATRIOT.COM - THE BASH IS 3-25-16

School Faculty Turnover in the Merrimack Valley

Amy Berard
EDUCATION COLUMNIST

According to the most recent data available from the Massachusetts Department of Education, teacher retention rates vary from one Merrimack Valley district to the next.

Methuen boasts a teacher retention rate of 93.3%. However, their principal retention rate is 50%. 96.6% of educators and 97.7% of administrators in Methuen received evaluations. 2.8% of educators and 14.3% of principals were found to be exemplary. 3% of Methuen teachers are under 26 years of age.

Andover has a teacher retention rate of 91.6%. 55.2% of educators and 44.1% administrators in Andover received evaluations for the 2014-2015 school year. Of those receiving evaluations, 10.8% of teachers and 0% of principals were found to be exemplary. 4% of Andover teachers are under 26 years of age.

North Andover's teacher retention rate is 88%. 97.2% of North Andover educators and 100% of administrators received evaluation. 12.2% of teachers and 9.1% of administrators were found to be exemplary. 4% of North Andover teachers are under 26 years of age.

Haverhill's teacher retention rate is 90.1%. 25.7% of administrators and 80.6% of educators in Haverhill received evaluations this past school year. 3% of Haverhill teachers reached exemplary status. 4% of Haverhill teachers are under the age of 16.

Lowell has a 90.8% teacher and an 81.8% principal retention rate. 8.4% of Lowell teachers and 17.5% of Lowell administrators were found to be exemplary. 91.2% of educators and 87.9% of administrators were evaluated in Lowell during the 2014-2015 school year. 3% of Lowell teachers are under 26 years of age.

Recruiting and retaining high-quality teachers and administrators is essential for improving learning.

Poor teacher retention rates can hinder a school's ability to maintain a stable and effective learning community.

High turnover of staff not only reduces collegiality and cohesion among teachers, but also negatively impacts student achievement – especially among low-income and minority students.

Low-performing schools are often the ones hurt most by teacher turnover.

Deemed chronically underperforming by the Department of Education for each year since 2012, Lawrence has a 73.7% teacher and 71.9% principal retention rate – the lowest principal and teacher retention rates in the Merrimack Valley.

The teacher retention rate in Lawrence shrinks with each year the district continues state receivership. This teacher retention rate is among the lowest in the state

Lawrence schools with the lowest teacher retention rates include: Bruce School 60.4%; Business High School 41.7%; High School Learning 54.2%; Spark Academy 66.7%.; International High School 54.1%; Health and Human Services High School 62.2%; Parthum Middle School 65.8%; Community Day 59.1%; Arlington Middle School 64.9%; and Phoenix Academy 66.7%. The principal retention rate in Lawrence is 71.9%. 97.7% of administrators and 98.8% of educators were evaluated in Lawrence.

Of those receiving evaluations in Lawrence, 17.9% of administrators and 15.3% of educators were deemed exemplary. 14% of Lawrence teachers are under 26 years of age. This is nearly 3 times the state average of teachers under 26 years of age and significantly higher than any other Merrimack Valley District.

Of all the districts in the Merrimack Valley, Lawrence has the lowest percentage of core academic classes taught by teachers who are highly qualified. In fact, 55.8% of core academic classes were taught by highly qualified teachers at the Guilmette Middle School.

While observations are subjective and the number of Lawrence teachers found to be exemplary deviated greatly from the state norm, Lawrence is losing more and more quality teachers each year judging from the low teacher retention rate and high number of exemplary teachers.

Nationwide, teacher turnover is highest in schools with weak administrative support, lack of resources, and lack of teacher empowerment in meaningful decision-making.

NOBILE: FROM PAGE 5

this. We need to reach out to citizens and say 'here's your opportunity to create a new vision for the town.'"

Nobile says his second issue is "engaging in more commerce."

"We have a problem with these piecemeal developments in town. How do we utilize routes 125 and 114 without more congestion on those roads? And how do we make sure we have appeal and accessibility? [Let's] look at the underdeveloped and underutilized Main St.; we need to increase commerce without losing our character as a town. But, we can't just focus on Main Street, we have to focus on business all over town."

ISSUE #3 COLLABORATE WITH SCHOOLS

"It's time to truly collaborate with our schools. Schools are the number one activity in the town as far as engaging people in our largest expense and investment in the town budget . We need more active collaboration rather than a sort of coexistence between the boards. The incumbent has not chosen to do that. She hasn't chosen to engage. So, if we are spending 2/3rds of our money on schools, we would think we would have selectmen working with the school committee and the finance committee, meeting two or three times a year to talk about all the issues that cross over all those responsibilities that those boards have. They should be networking more. They all intersect in different ways, but they (the board of selectmen) don't actively engage."

"We should be working on things like, project the programs and their costs. For us not to sit down as these three boards at least a few times a year is a missed opportunity, and again, the incumbent has chosen not to engage. I think it's time for a new perspective and a fresh voice. I think it's time for change."

"This is really a very straightforward opportunity for the citizens of North Andover. If you like the status quo and you think things are fine as they are, you have a clear choice. If you think we can do better, leverage our great town manager, and superintendent and all the resources in this town to do better, then I'm your champion for that, and I'm going to roll up my sleeves and go to work. After 5 terms of Rosemary Smedile I think it's time. I look at it this way, there's a big difference between being aboard the ship and steering the ship."

For more information on Chris's campaign you can visit his website at https://sites.google.com/site/nobileforselectman

To contact Chris Nobile you can email him at chris.nobile@verizon.net.

SMEDILE: FROM PAGE 5

and reflective of the history of the town. When people go in, it's like going into a small North Andover museum. You hear guests come in and comment on the historical look and the artwork; it's really nice. I'd like to see that happen again in our newly renovated town hall and Community Development office."

PRIORITIES

"We have a lot of people retiring, like the police and fire chiefs. The DPW director will be retiring soon too, as well as the building commissioner. These are key positions. We want to make sure we have the best and brightest serve the town. It takes experience to do that."

"Also, it's really important to have a high level of police and firemen. We are facing tough times in town and just because we are a small town people don't think we have problems like the opioid crisis. But there's no getting around it. We have drug dealers coming through our streets. They travel routes 114 and 495, and 125, and our first responders have to deal with that increase strain on their resources."

Smedile says she is proud that North Andover was recently named one of the 100th safest communities in the United States. "Our cops and firefighters do a great job but we need to the keep pressure up to maintain our safe community. I'm proud to have been part of the turnaround of the town but if we are going to keep it this way we have to constantly focus on the quality of life issues, quite frankly."

OTHER PRIORITIES

"We have our senior population rapidly growing in town as we have baby boomers retiring. People are living longer. So, we need to expand our senior center and the services we provide to our seniors. Seniors and children are our most vulnerable populations. We have space issues in the elementary schools and we have to find a way of dealing with that within the current footprint on that land, so we can address the needs of the children."

"Lastly I'd like to see us take that AA+ with positive outlook and get to AAA. It's like the gold star. It sends a message to businesses that we are a good place to do business, that the town is on it's game. It's not easy but we are almost there. We are one notch below that distinction. That would put North Andover in the top 5-10% of all communities in the country. But we are close."

For more information on Rosemary's campaign you can visit her online at facebook.com/RosemaryConnellySmedile. To contact Rosemary you can email her at rosemarysmedile@aol.com

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PUPPY LOVE! with Kate Whitney

Thank you Valley Patriot for Helping us Save Shelter Dogs

... One Edition at a Time!

PuppyGirl Kate Whitney
VALLEY PATRIOT PUPPYGIRL

I had just joined my dad in running our golf company called "SwingRite" when I contacted Tom about the possibility of him writing an article to highlight our local company. Without The Valley Patriot, there would be no PuppyGirl column.

Tom has given me an outlet to promote rescue and adoption and I couldn't be more thankful for that. I still remember the first day I met with Tom.

During our meeting, I happened to mention that I had just become involved with a great puppy rescue group out of Haverhill called "One Tail at a Time."

Well that's all it took. Forget the interview about the golf company! Tom asked me if I liked to write and if I wanted to write a column about saving puppies for The Valley Patriot.

I thought 'what better way to get the word out about One Tail at a Time and dog rescue?'

I also want to thank all of my readers who have been with me from the start of my column in 2007, and to those who I have picked up along the way over the past few years.

Thanks to Tom and The Valley Patriot I've been able to educate my readers on many different topics from: healthy food choices for your dog, to summertime pet safety tips, the importance of adopting shelter dogs and how to adequately care for your puppies.

Writing my column "Puppy Love" was a hobby for me – and dog rescue is a passion. I can say that it's a really great feeling to be involved with two great pastimes that provide me so much joy.

My biggest goal with writing Puppy Love is to educate and bring awareness to my readers. If you learn just one thing from reading my column, that makes it all worthwhile. One last thank you to PG, my Puppy Love column editor and my best friend. Thanks for giving me the confidence and inspiration to keep writing.

So here we are, 12 years after the birth of The Valley Patriot.

Many things have changed, but one thing remains the same- there are still over crowded shelters and millions of dogs are being euthanized every year, simply because there are not enough homes for them.

Let's talk about an organization that is trying to help with that problem. If you have read my columns before, it's no surprise what organization I'm talking about.

One of our amazing volunteers and intake coordinator (she's the one who pulls the dogs from the shelter) down in Virginia, Erin Webber, remembers seeing a few very adoptable dogs at her local shelter. A few days later, she found out they had been euthanized.

Upset, she looked into why this had happened. Many shelters close for the holidays and it's a lot easier to deal with feeding and cleaning when you have smaller numbers than a 100% packed shelter. So the shelters "clean out" -if you will. The shelter is also packed due to the fact there are fewer adoptions during this time.

They are also preparing for the influx of dogs and cute puppies that will arrive at the shelter shortly after Christmas. Some of these dogs were given as gifts to sometimes unsuspecting recipients. Or the cute puppy that the kids went crazy over has all of a sudden lost his appeal and the novelty has worn off. Enough with the sad but true reality of the world of rescue… this is where One Tail at a Time and H4H program comes in.

One year (before she approached One Tail with the idea) Erin pulled as many dogs as she could and kept them at her house or boarded them until she found foster or forever homes for them. Last year Erin approached One Tail with the sad facts about the "happy holiday season" for shelter dogs. She also talked to her local shelters and worked out an agreement with them that they would lower the pull and vetting fees, and therefore we could reflect this deal with lower adoption fees.

We wasted no time. Meg Reynolds, the President of the rescue was on board. Our volunteer coordinators – Danielle Castignetti this year and Lisa Cerroni last year- sent out an email to our foster base and pleaded for them to open their hearts and their homes this holiday season. I remember reading the email and within a few minutes, responses from foster homes started to flood in (myself included). People replied "count me in!", "sign us up", "we'll take one!" it was truly overwhelming.

I would like to extend a big THANK YOU to all the amazing people who make up the volunteer group and foster home base for One Tail at a Time. I will give my readers an update in an upcoming column about exactly how many dogs we were able to save throughout H4H's program.

If you want to donate to One Tail at a Time Rescue or "sponsor" one of the dogs that we save (I can email you a picture of the exact dog your donation when to), please send a check to One Tail at a Time Rescue, PO Box 155, Boxford, MA 01921. Remember all donations are tax deductible!

What's great about donating to One Tail is that you know exactly where your money is going. It's going to saving more dogs, paying for vet bills and buying food and toys for the dogs we save.

We are 100% volunteer, so no one gets paid for their time, gas, etc. Keep that in mind when you are thinking about charitable organizations to donate to.

SEE YOU AT THE BASH ON MARCH 25TH! See page 1 for details!

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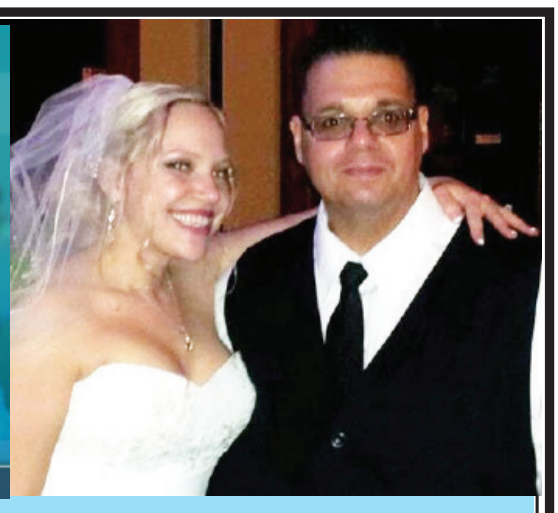

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Congrats on 12 GREAT YEARS!!

Have a Great BASH on March 25th, And Happy Greek Independence Day!!

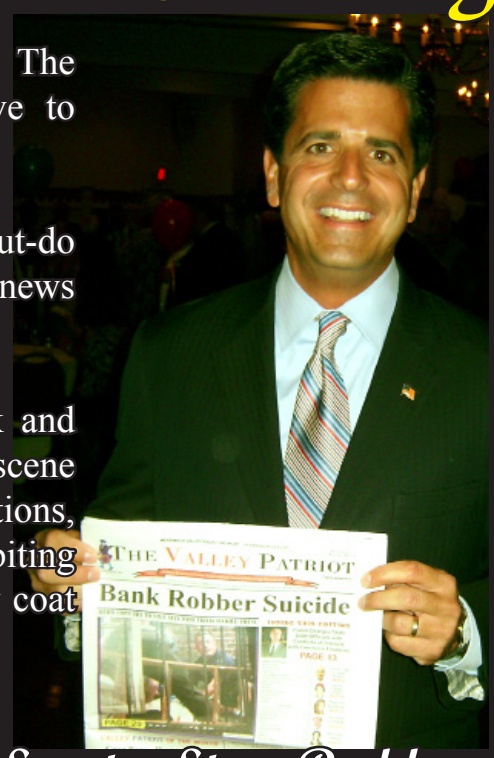
Steven Panagiotakos

12 Years and Counting

Every time I pick up The Valley Patriot I just have to shake my head and laugh.

Each month you guys out-do yourselves with breaking news and commentary.

Thank you Tom, Chuck and Ralph for coming onto the scene with objective investigations, important exposés and biting editorials that don't candy coat the issues!



Former State Senator Steve Baddour

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Happy 12th Anniversary!

Thank you for fighting for the 1st Amendment for all of US!

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12 YEARS AND COUNTING!!

There is nothing more important in any community than to have an independent voice you can rely on for straightforward news and commentary about the things that matter!

Congratulations on your 12th Anniversary! Your hard work has certainly paid off!

~State Representative Diana DiZoglio (D) Methuen

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IN THE GROOVE with Cindy Annis

PAUL ANKA PART 2

Paul Anka had many great songs. For all the songs he wrote and recorded for and by himself, he had a large number and wide range of songs for others. One of Paul's earlier works "Toot Sweet," was slightly re-arranged and used as the theme song for the Tonight Show with Johnny Carson. He had originally done it for Annette Funicello in 1959 and it was called "It's Really Love." Tom Jones's biggest hit, "She's A Lady," was written by Paul. Even Frank Sinatra sang Paul Anka. Paul wrote the English words for "My Way."

Paul was obviously great when it came to putting words to music, but he goes a lot deeper than just that. In the 1960's he started what might be called his acting career. The theme song for the movie, The Longest Day, was written by Paul. The music became the theme for the Canadian Airborne Regiment. Paul didn't just compose the music for the movie, but he was in the movie as a US Army Ranger. Paul's biggest hit, "Lonely Boy," was written by and performed by Paul in the movie, Girls Town. When the single came out, it hit #1 on the Billboards Hot 100's.

Then, the Beatles came to town. Like with most groups in the US, the British Invasion slowed up everybody. The Beatles had their great run. Paul Anka did what a superstar should do, and kept on performing and writing. He was performing at the Copacabana Club. He was the first pop artist to play Las Vegas. He hosted numerous TV shows like, Hullalbaloo, Midnight Special, and Spotlite.

Things went a little quiet for Paul in mid sixties. He came back around 1974 with a great little song that flew through the charts to #1. It was a duet with Odia Coates called, "Having My Baby." They recorded this in Alabama. They did a couple other duets that also reached the Top 10. In 1975, he had another solo hit single called, "Times Of Your Life," that peaked at #7 on the charts.

Paul Anka continues to perform and record. He performs all the older standard stuff that made him the star he is, but on occasion he will perform with singers like Bon Jovi, or Michael Buble, or even Celine Dion, and do contemporary music, as well. In 2005, he came out with Rock Swings, which he followed up with Classic Songs: My Way, which is a collection of contemporary songs. Of course, what artist wouldn't be complete without a Christmas Album. Paul put out, in 2011, The Songs Of December. This album comes complete with a full orchestra. Nope, there is more. In 2013 he put out the album called, Duets. The timing was important to him. He wanted the album to come out with his autobiography called, My Way.

Paul continues writing, recording and performing. He did more than 120 albums selling over 10 million copies. That's just the albums. His name is on the writing credits of over 900 songs, some that have reached the Top 50 in five decades. When he got into the Canadian Songwriters Hall Of Fame, the Prime Minister did the introductions. As long as he is able, I suppose he will continue in music. Paul feels, "I've always believed that if you don't stay moving, they will throw dirt on you."

Tune into Cindy's Vinyl Vault on AM 980 WCAP every Sunday night from 10-12, Monday night 11-12, and Wednesday night's 9-midnight. Check out our face book page at https://www.facebook.com/cindysvinylvault/. You can even send us an email at cindysvinylvalt@gmail.com. Until next month remember it's not how old it is, but how great it sounds!

TV TALK WITH BILL CUSHING

FX Relives the Trial of the Century with 'The People vs. OJ Simpson'

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

Do you remember where you were when you first heard of the murders of Nicole Brown Simpson and Ron Goldman on June 13, 1994?

How about on June 17, 1994 when OJ Simpson, accused of the aforementioned murders, fled from justice in a white Ford Bronco while being pursued by police on live TV?

If you remember those events, and remember the long and engrossing trial that followed, then you'll be interested in FX's new 10 part series, American Crime Story: The People vs. OJ Simpson.

Based on the comprehensive and best-selling Jeffrey Toobin book, "The Run Of His Life," the show covers the events in great detail, starting on the night of the murders and taking us right up to the verdict of what was dubbed The Trial of the Century.

An all-star cast is featured in the docu-drama. Oscar winner Cuba Gooding, Jr. plays Simpson, and while the resemblance is somewhat lacking, Gooding does play the part well.

Sarah Paulson of American Horror Story is outstanding as attorney Marcia Clark giving us another side to the person we only saw in the courtroom. Clark is portrayed as a lawyer who thought the case was a slam-dunk and desperately tried to keep the trial from spinning out of control and turning into the circus that it became. Paulson is sure to be remembered at Emmy time.

The cast is rounded out by John Travolta as Robert Shapiro, David Schwimmer as Robert Kardashian, Nathan Lane as F. Lee Bailey, and Courtney B. Vance as Johnnie Cochran. The cast all does its job very well. Vance is particularly good as Cochran, while Travolta is a little over the top as Shapiro.

One thing that The People vs. OJ Simpson doesn't do is present their opinion of Simpson's guilt or innocence. The murder is not shown, only the aftermath. We are taken into the LAPD's arrival at the crime scene and at Simpson's home. We see the black glove found, and the detectives spotting blood on the door of Simpson's truck.

But what really makes this show so compelling is going inside each legal team to see how they approached the case. Seeing the inner workings of the so-called "Dream Team" of defense lawyers and the conflicts that arose between them is fascinating.

Many of the sharpest scenes in "The People vs. OJ Simpson" explore the sticky interaction of race, fame, and class. When Clark's boss tells her that they're holding the trial downtown, she cracks, "Doesn't Simpson deserve a jury of his peers? You

TV TALK: PAGE 31

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Long before I ever ran for office I was a loyal reader of The Valley Patriot. As the Lawrence City Council President, and now a State Representative, I find it vital to keeping up with what's going on in my district. Tommy, Ralph and Chuck, *Congratulations* on hitting yet ***another*** milestone, your 12TH ANNIVERSARY!

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STATE REPRESENTATIVE

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Dusty Buttons Holds Master Class in Salem NH

Voter's School of Dance in Salem, NH hosted a master class with famed Boston Ballet Principal Dancer, Dusty Button on Saturday, February 6th at 4pm. This was an amazing opportunity for the students at Voter's School of Dance and the surrounding ballet community. We also felt it was important to open our doors to the local ballet community, so we had been sharing the class information on social media all week.

In addition to students from Voter's, we were pleased to have students from Helene Joy School of Dance in Middleton, MA and The Salem Dance Network in Salem, NH.

Studio owner and director, Vanessa Voter has been committed to bringing professional level ballet education to the local area since she began teaching at the school over 25 years ago. At that time, the school was owned by her mother, Pam Voter. Vanessa is now the owner and director and has been enthusiastically raising the "barre" ever since. Although Voter's offers a wide range of disciplines including modern, tap, jazz, lyric and hip hop, ballet has always our specialty.

Voter's even has a resident ballet company, the Methuen Ballet Ensemble; a local troupe of ballet dancers who all train under Vanessa's tutelage.

As a young dancer, Vanessa trained at the Boston Ballet and the Boston Conservatory. She understands the important of proper ballet technique and training. Having the opportunity to learn from a current superstar and professional is such a unique and important part of the students' dance education. We are all such huge fans of Dusty Button. She embodies the grace and athleticism and beauty of today's prima ballerina.

The students were all so blown away by her. They were absolutely mesmerized. It was surreal to see her in our very own local studio.

There were 17 students in all and every one of them walked away with something really positive and amazing to say.

Jordanne Miller, 19 years old and a Salem, NH native, is a sophomore at Boston University. She is been training at Voter's School of Dance since she was a toddler and made the trip home just so that she could have the experience of working with Dusty Button. Jordanne said of the experience, "I've been dancing at Voter's for 16 years now, so when I got the call that Dusty would be teaching a class, I was so excited to be able to come back from Boston University to join my dance family for this once in a lifetime experience! I learned so much from Dusty but what stuck with me most was that she said to give it 100% in the beginning of a combination and that way you can keep pushing yourself further as you do it more times. It always feels great to be given corrections, so I'm honored I got some today from one of my ballet idols!"

We are looking forward to bringing similar opportunities to our studio over the summer through our unique summer intensive programs. We're in the process of working to bring other principal ballerinas to the studio including a return visit by Dusty herself.

TEEN TALK WITH ANA DEBERNARDO

The Next Indispensable Leader

With Super Tuesday just around the corner, talk of politics can be heard from every direction one turns. Some of the candidates participating in this year's election, however, seem to be the protagonists of a bad comedy rather than potential nominees for the presidency. Between Trump's brash comments, Hillary's blatant dishonesty, and the personal insults constantly being hurled by the candidates, there is growing unease across the nation in anticipation of the November results. The natives are getting restless.

My AP Government class was recently assigned a reading by David Gergen from his book, "Eyewitness to Power." In it, Gergen, a former advisor to Presidents Nixon, Ford, Reagan, and Clinton, lists and analyzes a series of qualifications needed to evaluate a person's capacity for presidential success. In prefacing this analysis, Gergen notes that every president, upon being sworn into office, begins to wonder what legacy he will leave: Will he be remembered alongside the greats like Washington and Lincoln, or will he simply become another face and name to remember in history textbooks around the world? The majestic image of the chiseled faces, carved into Mount Rushmore for all posterity, is an undeniable motivation for every new president: Will he have the potential to equal the storied accomplishments of his predecessors?

As Gergen notes, our recent presidents have failed to live up to the reputations of past presidential heroes. It was through the valiant efforts of leaders such as Washington and Jefferson that our country was born and consequently able to thrive. Jefferson reaffirmed the importance of basing a government on the idea that all men are born with inherent rights, and that a government may not exist without the consent of the governed. His words set the fledgling United States on a course that would make it the most powerful and prosperous nation in the world a mere one hundred years later.

The principled ethos of the Founding Fathers is nowhere to be found in the realm of modern politics, as most of our leaders have abandoned the ideals upon which our country was established. Instead of defending the original intent of the Constitution and fighting to keep our rights intact, they are instead looking to alter it whenever an inconvenience is discovered. In Gergen's excerpt, he writes that, "Great crises usually bring forth great leaders." One begins to question the degree of truth contained in this statement when comparing modern world leaders. If great leadership emerged wherever crisis erupted, we would have no short supply. I believe the main difference between the leaders of old and those that are in power today is precisely that which grants them authority. Power has become a force that drives modern men and women into a maddening frenzy.

In simpler times, before the advent of technology and the influence of the media, people who held positions in government felt a genuine passion and patriotism, which inspired them to pursue the betterment of the nation. Nowadays, obstructed by fame and glory, distracted by scandal and secrecy, and with temptations around every corner, it is nearly impossible to come across a bona fide patriot who stands for his or her principles, and is not swayed by external deterrents. With this sense of true altruism out of the picture, voters are left with a sense of distrust as to the motivations of all candidates. What does that say about the direction the country is heading in, if its inhabitants cannot even feel safe in the hands of their own elected officials?

There is a desperate need for a renewal of traditional American values in all of our politicians. Without these principles defended, and with a consequent nation divided, how can we expect to remain a competing world power, respected by our allies and feared by our enemies? Today, we are faced with perilous --and unprecedented --threats to our existence. With a crumbling economy, weakened defense, and serious rifts in foreign relations, we cannot stand by and allow this country to deteriorate any further into the mediocrity of recent years. All levels of government in this nation must see a rebirth of moral leadership. Our history tells us that we have exhibited genius in this area, and our past leaders' love of America has been an immutable, pride-worthy characteristic of most of them. Lincoln once referenced a government "of, by,

PRESIDENT: PAGE 27

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New MA, NH Seacoast Christian Film Festival

With the Showcase Cinemas in South Lawrence officially closing down, a new Christian Film Festival is beginning during Easter Week. Tom Saab of Christian Film Productions, who is an executive producer and co-producer of many Christian movies, is heading up this new ministry at Vision Max Cinemas in Salisbury, MA. Vision Max is located at 201 Elm Street (Route 110) in Salisbury, MA, directly off Route 95 and only two minutes down the road from Route 495. The MA/NH Seacoast Christian Film Festival at Vision Max Cinemas is a convenient location and easy to get to from Greater Lawrence, the Merrimack Valley, the North Shore, Southern New Hampshire, and even Southern Maine.

Tom Saab is bringing four major Christian motion pictures to the film festival. WOODLAWN, just recently released in theaters around the country, features Sean Astin and John Voight, and is based on a true story of former Miami Dolphin Tony Nathan and his high school career during the racial struggles in Alabama in the early 1970s.

FAITH OF OUR FATHERS, which Tom co-produced, follows two young men and their trip to the Vietnam Wall in Washington, D.C., to see their fathers' name on the Wall. Starring Kevin Downes, David A.R. White, Candace Cameron Bure, and Stephen Baldwin, Faith of Our Fathers is a story of fatherhood and a journey of brotherhood.

DO YOU BELIEVE? has an outstanding cast including Cybill Shepherd, Lee Majors, Brian Bosworth, Mira Sorvino, Sean Astin, and many others, and is a powerful motion picture challenging people as to what it really means to believe.

Finally, a brand new motion picture not yet released, BEYOND THE DARKNESS, is being shown at the film festival and for the very first time in the U.S. will be seen by the general public. A battle for your soul, the movie deals with spiritual warfare and has the best special effects ever produced in a faith-based movie.

The "First Ever" MA/NH Seacoast Christian Film Festival will take place for five consecutive days and nights, Wednesday, March 23, through Easter Sunday, March 27. Admission to all shows for all ages at all times is only $5.00 per ticket. For further information and to see the complete movie schedule, please go to www.ChristianFilmFestival.org or call 978-683-6699. Tickets can be purchased at the theater or online at www.VisionMaxCinema.com.

Tom Saab is expecting the Film Festival to be a great success and advises movie goers to arrive at least 15 minutes before show time.

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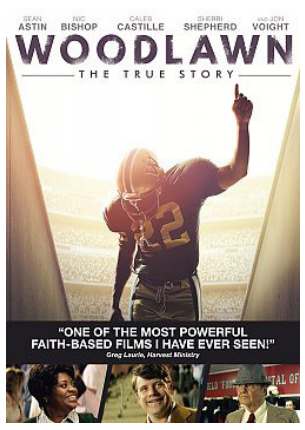
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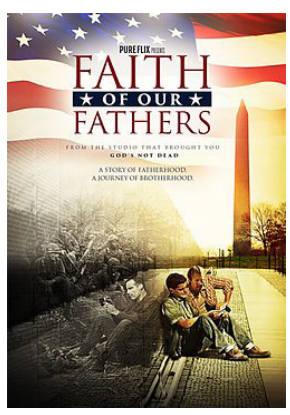

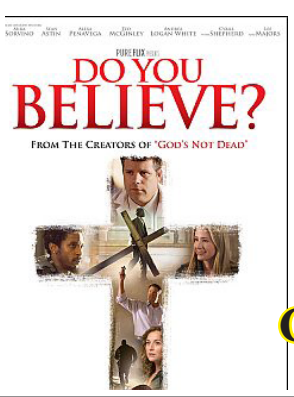

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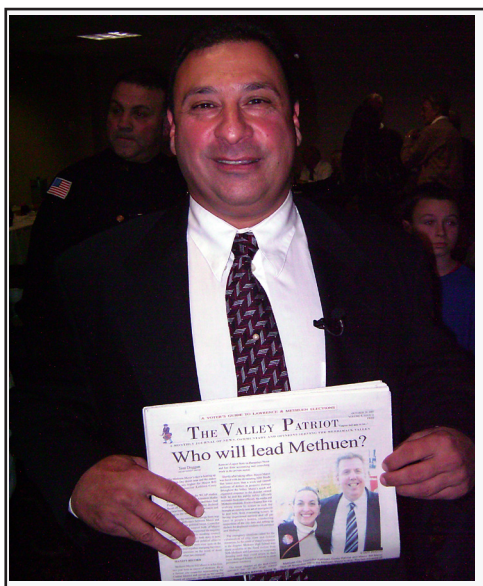

There has been no media outlet in the Merrimack Valley that has been more fair, and more supportive of our law enforcement community than Tommy Duggan and The Valley Patriot. While the rest of the media is obsessed with painting all cops as abusive, jack booted thugs to support their political agenda, we can always count on The Valley Patriot to dig deeper, report the facts, and set the record straight about what is really going on in the streets of our communities.

Happy 12th anniversary. I hope you have many more.

~ Joe Solomon
Methuen Police Chief

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AMERICAN LEGION NEWS

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

The American Legion annual Washington Conference was held February 22nd through the 24th. American Legion members from all over the United States meet in Washington, D.C. Members of Congress and the Administration give talks and/or presentations. The Legion Washington Office also updates attendees on what they see as a realistic Legislative Agenda for that session of Congress. This year it includes the following: Fully fund a superior national defense as the global war on terror continues; ensure real accountability within the VA; institute a 21st century health-care system; make sure transition programs are not adversely affected by sequestration; create opportunities for veteran business owners; provide opportunities through the Post-9/11 GI Bill; end veteran homelessness; reject any attempts to diminish benefits earned by veterans; repeal unfair offsets that penalize disabled veterans and widows and Protect the American Flag. A lofty set of goals, especially during a presidential election year, but certainly able to be accomplished. Those attending the conference will take this list, along with the details of each item, to all members of Congress, both in the House and in the Senate. In addition, the National Commander, Dale Barnett, will present testimony before a joint meeting of the House and Senate Veterans Affairs Committees. Having had the honor of attending several of these in the past, I can tell you that common responses from Congressional members present are that they are with us. But what is needed is to reach out to the other members of Congress to get their support.

That is where you and I come into the picture. The American Legion members who go to Washington may get a few minutes with our Congressional Legislators but more often will meet with a staff member who works on veteran's issues. It is up to you and me to reach out to our Congressional delegation to make our voices heard. If you have computer access, I would recommend sending them an email. Here is one way to find their contact information: http://www.contactingthecongress.org/. If you do not have email access, call the local office and make your voice heard. Senator Markey – 617-565-8519; Senator Warren – 617-565-3170; Congresswoman Tsongas – 978-459-0101; Congressman Moulton – 978-531-1669.

By the time you read this the Massachusetts primary will have happened. I hope we have as good a turnout as other states have had so far this year. As the number of candidates continues to get smaller, I find it easier to focus on what the details or lack thereof are for their potential as President of the United States. As I have and will write, I ignore the ads. In my opinion they are mostly "baloney". There are plenty of resources out on the Internet to "fact check" what the truth is about various claims made by the candidates. I have found a new one, www.townhall.com, I will admit is seems to be conservative, but I do like to hear both sides of the discussion.

The following are my personal views, not of the American Legion. I will confess that as a lifelong Democrat (my first vote was for George McGovern!) I am dismayed at the reliance on super delegates at the Democratic National Convention. It definitely takes away from my vote and yours. Time to make a change. And to be even more radical, how about term limits for Congress? There are arguments for and against term limits, but I think the country would be better served in the long run. Of course, how many would take a vote to limit their time in office!?!??

I do hope you voted in the primary and more importantly, will vote in the November elections.

May God Bless America and the troops and their families who sacrifice to keep us free.

John Lenotte, Commander, American Legion Post 4, Haverhill; Past Commander, Department of MA. I may be reached at: JohnLDistrict8@verizon.net

Veteran, Volunteer, Believer

Oscar Camargo
VALLEY PATRIOT OPINION COLUMNIST

I can remember when I first raised my right hand and uttered the Oath of Enlistment. I was seventeen and those words struck a profound chord with me. In that moment, I became part of something greater than myself--I became a proactive citizen.

Flash forward years later.

As a 16-year US Army veteran with tours of duty that include Iraq and Afghanistan, I've demonstrated a willingness to put the needs of our country above my own. In fact, I can still vividly remember when I earned my sergeant stripes and what a senior sergeant said to me. He claimed that the word sergeant had it origins in the Latin meaning "one who serves".

Those words stuck with me.

Being the son of illegal immigrants, I can tell you that I felt morally obliged to give back as much as possible. I was blessed being raised in this country. More than that, it was a privilege to repay this debt back because--in my own way--it vindicated my family's efforts.

So I volunteer because it's my way of saying thank you to all the men and women who helped me along the way. Each one taught me this special lesson:

how you invest your time is a reflection of what you truly value the most. So whether it's helping people with disabilities, representing veterans, or assisting at my local parish, the spirit of volunteerism was ingrained within me.

Yet, I believe I can do more.

In the coming months, I'll make the case as to why I believe I should be the next state representative for the 18th Essex. During that time, I'll discuss issues I strongly believe in because our future is not a matter of chance--it's a matter of choice.

I choose to believe that we can do better.

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LAROCQUE: FROM PAGE 28

Meaning not knowing the difference between the bread and wine, the body and blood of Jesus, which we have already covered, the bread is the body of Christ broken for our healing and the wine is the blood of Christ shed for the forgiveness of sins.

Today many Christians do not differentiate between the two and are of the thought that both are for the forgiveness of sins therefore having no idea of the healing aspects of Holy Communion resulting in many being weak, sick and dying too young which is not what God wants! Holy Communion is to be a blessing to God's people and it is to be one of the ways in which He brings Healing to us every time we partake.

So, instead of looking at yourself to see if you are worthy enough or have some unconfessed sin, see yourself instead cleansed and forgiven by the blood of Jesus Christ and made Righteous by Jesus Christ at the Cross! Therefore enabling you to come boldly before God and partake of His Holy Communion!

Happy Resurrection Sunday to all!

Love, Peter Larocque

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M. Paul Iannuccillo

NORTHERN ESSEX REGISTER OF DEEDS

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Corrupt Officials Push Out Owners of Red Ridge Farm

Salisbury residents Stacie and Mark Warcewicz, owners of The Meadow at Red Ridge Farm have filed a lawsuit against the Town of Salisbury for illegally placing unenforceable restrictions on their business license.

The Warcewiczs say that after years of holding weddings on their property with full consent from the town, they suddenly started getting harassed by town officials who placed unreasonable demands upon them to stay in business.

"We did this thinking we were allowed to. We had the insurance, we checked with the previous building inspector, but it was one thing after another. We were served with a cease and desist order. They sent inspectors from the town during weddings. The health department came in during weddings. We put in septic system, spent a lot of money doing what they wanted. It's too much for us to do. We went to the Zoning Board of Appeals and won. After all that, we were told this was all done, and started booking weddings again."

"That's when they suddenly came up with the idea, right before we were to get our license, after spending all that money, they demand we build a road on wetlands after the fact."

"So, in effect, the selectmen decided to add a brand new restriction out of the blue saying our guests have to come onto the property from Bayberry Lane [their home address where there is no access to the wedding site.] We don't have the money to build a road and go through all the environmental regulations to build on wetlands."

Warcewicz said that now the courts will decide as suits and counter suits have been filed over the neighbors' complaints and the town's illegal demands put on their business license. "Three abutters are suing us to stop us from having weddings. We are counter suing for the right of way to our own property, because of the unfair conditions the town put on our business license at the very last minute," Stacie Warcewicz told the Valley Patriot.

"We are asking the court to take the town's new condition off our business license. It's not enforceable. The selectmen over stepped their boundaries and we want

these restrictions taken off our business license."

Warcewicz said that they had 9 weddings booked before the town targeted her for harassment and lost one wedding after the last board of selectmen meeting. She said that Town Manager Harrington admitted the demands were unenforceable and said they would be allowed to continue having weddings for what was already booked, "But he implied that I couldn't book any more weddings after that. So, they shut me down except for those weddings already booked prior to their decision."

The Warcewiczs say that the town is corrupt and they are leaving after more than four decades in town. Asked if they would stay if the town cooperated and they were allowed to continue doing business, Stacie said, "I don't see that happening".

The Wercewiczs recently expressed their frustration with the corrupt officials in the Town of Salisbury saying,

"For 8 months we have been dealing with demands from our town, a lot [of them] have been, in our opinion, unreasonable. Hot water at our hand washing station, weekly health inspections, building of bathrooms (3) with a sink inside each (because apparently porta-potties are legal everywhere but at our farm), a brand new ($15k+) septic system,., All this, even though another popular farm in town which also has events, does not have to follow ANY of these same conditions. But, whatever we did what has been asked of us. All this on top of lawyer fees to fight the appeal of the building inspectors denial, not to mention the emotional stress caused by all this. NOT ONCE was there EVER any mention that the town (selectmen) were going to do what they did the other night."

The Valley Patriot will be watching very carefully how this issue progresses in the courts, and will also be watching to see if any state agencies do their jobs and investigate the corruption in the town of Salisbury.

PRESIDENT: FROM PAGE 23

and for the people" to point out that our citizens' well-being is tied to that of the nation. This is what forms our identity as a free nation. When we call ourselves "Americans", it is incumbent on us to accept both the rights and responsibilities that accompany that honor.

The period before and after the Revolutionary War produced some of our nation's greatest leaders. Should identical circumstances present themselves today, who is to say whether or not our country could again produce figures akin to Paul Revere, Samuel Adams, and the aforementioned presidents? Isn't it sad that many of today's leaders, through their words and actions, have planted doubt in all of us as to their love of country? Though the concept may seem inconceivable to you and me, it seems to be the reality.

George Washington was called "The Indispensable Man" for his strong leadership at a critical time. Is there another person among the people running for president who can rise to the occasion and become the next indispensable leader, at this dire hour?

OBAMA: FROM PAGE 12

of things to come may be the recent test launch of a ballistic missile by Iran, which is a clear violation of UN resolutions. But the silence was deafening at the White House. Iran apprehends and detains our sailors under armed guard, but we are supposed to be 'grateful' that relations have improved so well between our nations. The Iranian theocracy stills sponsors terrorism, calls for death to America and Israel, and denies the Holocaust even existed. But again, wasn't it Secretary Kerry who trying to put forth a 'rationale' for the Charlie Hebdo attack.

January 20, 2017 cannot come soon enough.

GLTS: FROM PAGE 12

-Tabling the Community and Workforce Development Director Job description: yea, unanimous

-Job posting replacement (maintenance custodian): yea, unanimous

-Job posting (ELL teacher): yea, unanimous

-Enter/exit executive session: yea, unanimous

-Adjournment: yea, unanimous

AS ALWAYS: Thank you for reading through! These posts are part of an effort to increase transparency to my constituents by providing highlights of committee votes. Please also see www.glts.net for a full listing of meeting minutes, agendas, and my voting record since I was first elected in 2013.

HOW TO CONTACT ME: For constituent issues or to voice your opinion please contact me directly at jfinocchiaro@glts.net for constituent matters or at JessicaForMethuen@gmail.com for political matters. Cell phone: (978) 566-1786

THANK YOU: I'm proud to be part of a group of leaders that bring so much expertise, an ability to collaborate well, and can discuss respectfully. I'm also proud to represent a district where residents are willing to read such a long post to stay engaged with our school committee and understand my values. I plan to continue to post my remarks in an effort to reach more constituents who may not attend our meetings. Thanks again for reading Methuen! Your continued civic engagement helps our community elect leaders that reflect the City of Methuen's values.

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Grow in Faith

Peter Larocque
VALLEY PATRIOT COLUMNIST

God Bless you my friends, Wow! Easter is right around the corner! According to the Christian Church calendar, we will be celebrating Easter Sunday or Resurrection Sunday as I would like to call it, on Sunday March 27, 2016.

As that time approaches, my mind turns to the Cross of Jesus Christ. That's where our sins were wiped out. 2 Corinthians 5:21, "For he [God] made him [Jesus] to be sin for us, who knew no sin, that we might be made the Righteousness of God in him [Jesus]. This is where the divine exchange took place; here we read that The Apostle Paul wrote that Jesus knew no sin. The Apostle Peter wrote in 1 Peter 2:22, Jesus did no sin, and The Apostle John wrote in 1 John 3:5, in him [in Jesus] is no sin. Going back to 2 Corinthians 5:21, we read that God made him [Jesus] to be sin! The one, who knew no sin, did no sin and no sin was in him. God took my sin and your sin and put it on Jesus then He took Jesus' Righteousness and placed it on us, The Divine Exchange! This was done by God's Amazing Grace! We are saved by God's Grace which is God's undeserved, unmerited, unearned Favor! But this is only one part of the Finished Work of Jesus Christ on The Cross!

We read in Psalm 103:2-3, "Bless the Lord, O my soul, and forget not all his benefits: 3 Who forgiveth all thine iniquities; [sins] who healeth all thy diseases;" and we read in Isaiah 53:4-5, "Surely he hath borne our griefs, [diseases] and carried our sorrows: [pain] yet we did esteem him stricken, smitten of God, and afflicted. 5 But he was wounded for our transgressions, he was bruised [crushed] for our iniquities: the chastisement of our peace was upon him, and with his stripes we are healed." This is repeated in 1 Peter 2:24, "Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose strips ye were healed." Looking forward to the cross they were healed and looking back to the cross we are healed! Two Great things took place at the Cross of Christ, which was our forgiveness, our cleansing by the blood of Jesus, and by His broken body we are made whole, we were healed!

As Christians we celebrate these two parts of the Finished Work of Jesus Christ on the Cross every time we partake in Holy Communion. Jesus instituted this at the last supper and The Apostle Paul writes about this to the Church in 1 Corinthians 11: 23-26, "23 For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: 24 And when he had given thanks, he broke it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. 25 After the same manner also he took the cup, when he had supped, saying, this cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me. 26 For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come."

The bread is the body of Christ which was broken for our Healing and the wine is Jesus' blood which was shed for the forgiveness of sins as we read about in Ephesians 1:7, "In whom we have redemption through his [Jesus'] blood, the forgiveness of sins, according to the riches of his grace;"

So we see clearly that there are two elements to Holy Communion, the Bread and the Wine, Jesus' Body and Blood! And when we partake we proclaim Jesus' death until He comes back to gather us together and we will be forever with Him!

The following verses unfortunately through the years have been erroneously taught and have caused much confusion among Christians and sadly many have become weak, sick and died prematurely making Holy Communion not at all what God intended!

1 Corinthians 11:27-30, "27 Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. 28 But let a man examine himself, and so let him eat of that bread, and drink of that cup. 29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. 30 For this cause many are weak and sickly among you, and many sleep." In verse 27, the word unworthily is not referring to the person partaking in Holy Communion, to be honest we are all unworthy but because of Jesus Christ's Finished Work on the Cross we are all made worthy in the eyes of God. This word unworthily is an adverb, which modifies the verbs of eating and drinking so it refers to the manner in which the bread and wine are eaten and drunken.

LAROCQUE: PAGE 25

A Healthy Vacation is Possible

Rick Bellanti
EXERCISE COLUMNIST

This week's question came at the perfect time for me, as my plane just landed and I just returned from taking my daughter to Orlando, FL for her school vacation and visited all those amazing theme parks and

tourist attractions, better known as the city of delicious but horrible food choices (or so I thought).

Going on vacation doesn't have to be the end of your healthy lifestyle, don't throw all your hard work away, just because you are in a different environment. It's all about taking the time and planning in advance. Not only did I plan well, but something I didn't realize was how much money I was saving from not buying that unhealthy quick service food in the parks. I understand guests want their food fast so they can eat on the go and get to the next attraction. I planned my meals well in advance and brought my stuff on the road with me daily and actually lost 4 lbs while on vacation.

I've been following a very high protein diet, which combines protein shakes along with a balanced fork and knife meal as well as healthy snacks throughout the day. I found it really easy to drink my morning shake before I left the hotel room every morning. I brought along a shaker bottle to mix my second shake for later on in the day, but it also doubled as a great water bottle and every chance I had I would stop and fill it up with ice and water. (Did you know that water is free at any Disney food service spot? Just ask for a cup, but with my own shaker cup it helped keep me in check with my daily water intake as well as keep me hydrated throughout the day and a bonus: kept me feeling full, till my next meal or snack.

For snack options I brought along protein bars and if you don't have any on hand, you can generally find them at certain places now in a pinch like a gas station or grocery store. Just watch out for high sugar and high carb ones, stick to ones with high protein and high fiber as well as low or no sugar (watch out for the hidden artificial sugars). I also brought along healthy snacks like raw almonds to munch on (almonds keep you feeling full and studies have found may have a beneficial impact on heart health and cholesterol), and fruit, like apples and pears.

In the evenings I had a sit down meal keeping it around 500-600 calories. Have you noticed that chain restaurants such as Applebee's and Denny's have the calories for each meal right on the menu now, it seems everyone wants to help you stay on track and make good choices, it's up to you to make the right decisions.

Even if you decide not to bring your own food on the road with you, theme parks such as Walt Disney World Resort, SeaWorld and Universal Studios have been getting on board with the healthy food changes and offer an assortment of healthy alternatives with their kids meals such as grapes, apple slices and carrot sticks so with these on hand I always ask to purchase a few for myself. The good thing is they come in neat sealed little baggies so you can take them on the go and enjoy them while standing in long lines at ride attractions and keeping you away from all the popcorn, ice cream and cotton candy temptations. Did you know on Main Street in Disney World they actually pump artificial smells like chocolate chip cookies (from the bakery) to popcorn onto the street to get your taste buds and cravings going?

Speaking of Disney, the parks are coming out later this year with new healthier alternatives with something called: Snacks With Character, offering you better healthy snack options. The new assortment products include gluten-free, nut-free, and other allergy-friendly products.

BELLANTI: PAGE 31

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Maura Healey's Medicaid Fraud Numbers Do Not Look Good

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

Healthcare costs are a huge percentage of the Commonwealth's annual expense and a significant burden on both public and private employers' budgets. Eventually all the spending gets reflected in the insurance premiums we all must pay.

It naturally follows that huge attention must be paid to ensure that fraud is investigated and kept to a minimum. This directly affects all our premiums.

A very good example from right here in Massachusetts is the huge decrease in car insurance premiums after the state rolled up all the people engaged in fake accidents and fake chiropractic bills. Rates went down 30%.

The fact that health insurance rates have not gone down 30% but instead go up by 5-8% every year shows us that not enough is being done to combat Medicare/Medicaid Fraud.

In New York they have consistently punished hospitals for Medicaid Fraud and sent powerful hospital executives as well as their political friends to prison for stealing from the taxpayers.

When was the last time you saw a Massachusetts Attorney General do that? After all, our hospitals are above the law, more important than us common people.

Numbers released by the Federal Government bear this difference out.

http://oig.hhs.gov/fraud/medicaid-fraud-control-units-mfcu/maps/interactive-map2015.asp

For fiscal 2015, New York's Medicaid Fraud Control Unit conducted a total of 652 Fraud investigations and returned a little over $63 Million to the taxpayers.

In the same time period Maura Healey's Medicaid Fraud Control Unit conducted a total of 502 Fraud investigations but returned only $17 Million to the taxpayers.

In addition, compared to New York, there were no public prosecutions of hospitals for Medicaid Fraud and not a single wealthy hospital executive has ever been sent to prison for white-collar crimes.

For fiscal 2015, New York obtained 110 criminal convictions while Maura Healey eked out a grand total of 10.

And even these 10 were all small fry such as home health aides and personal care attendants who all happen to be parents taking care of severely disabled family members in their own homes. The latest brave action by Maura Healey against such tiny fry amounted to a total claim of $230,000 for all the cases put together. Woo Hoo!!

And given the accused are all dirt poor and struggling on a daily basis to begin with, there is no way the tax payer will ever collect even this sum.

See http://www.mass.gov/ago/news-and-updates/press-releases/2016/multiple-personal-caretakers-charged-with-allegedly-defrauding-state-medicaid-system-more-than-230000.html

Maura Healey's approach to Medicaid Fraud prosecutions strongly reminds me of the old observation about the justness of British law: "The law in Britain is extremely fair as it punishes rich and poor equally for sleeping under bridges."

Not one wealthy executive from a big Boston hospital has been convicted of Medicaid Fraud and imprisoned in living memory.

We are supposed to believe that every bureaucrat and executive running hospitals in this state is more ethical and lawful compared to the lot in New York. Or California. Or Tennessee. Or Florida. Or West Virginia. Or Texas.

That is a lie.

What all those other states have that we do not is an Attorney General who is not in the pocket of the hospitals. Note that when executives are convicted of Medicaid Fraud as opposed to personal embezzling or contract kickbacks, it implicates the hospital as a whole. It is the difference between one rotten apple versus the entire bushel.

Medicaid Fraud by hospitals is systemic

MEDICAID: PAGE 31

THE DOCTOR IS **IN!**

Do Heartburn Drugs Cause Dementia?

Dr. Frank MacMillan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

Acid or proton-pump inhibitor drugs (PPI) are among the most widely prescribed medicines in the world. They include brand names such as Nexium, Dexilant, Prilosec, Protonix, and generics such as omeprazole and pantoprazole. The first medicines in this class of drugs were first available in the late 1980s. They are amazingly effective in relieving heartburn, healing stomach and duodenal ulcers by reducing the production of stomach acid, thereby allowing the acid related injury to heal. They work very well, so well that they have largely replaced the older H2 blocker class which included Tagamet, Zantac and Pepcid. These 1970s drugs were big blockbusters when they were introduced, completely changing the way we approached ulcer disease from crippling surgery to almost exclusively well-tolerated and highly effective medical therapy. Just think about it. The proton-pump inhibitor class introduced in the late 1980s blew away the previous generation medications that altered the natural history of disease, and saved and improved countless lives in the process. Both classes have been prescribed billions of times and have proved to be remarkably well tolerated and safe, or so we thought.

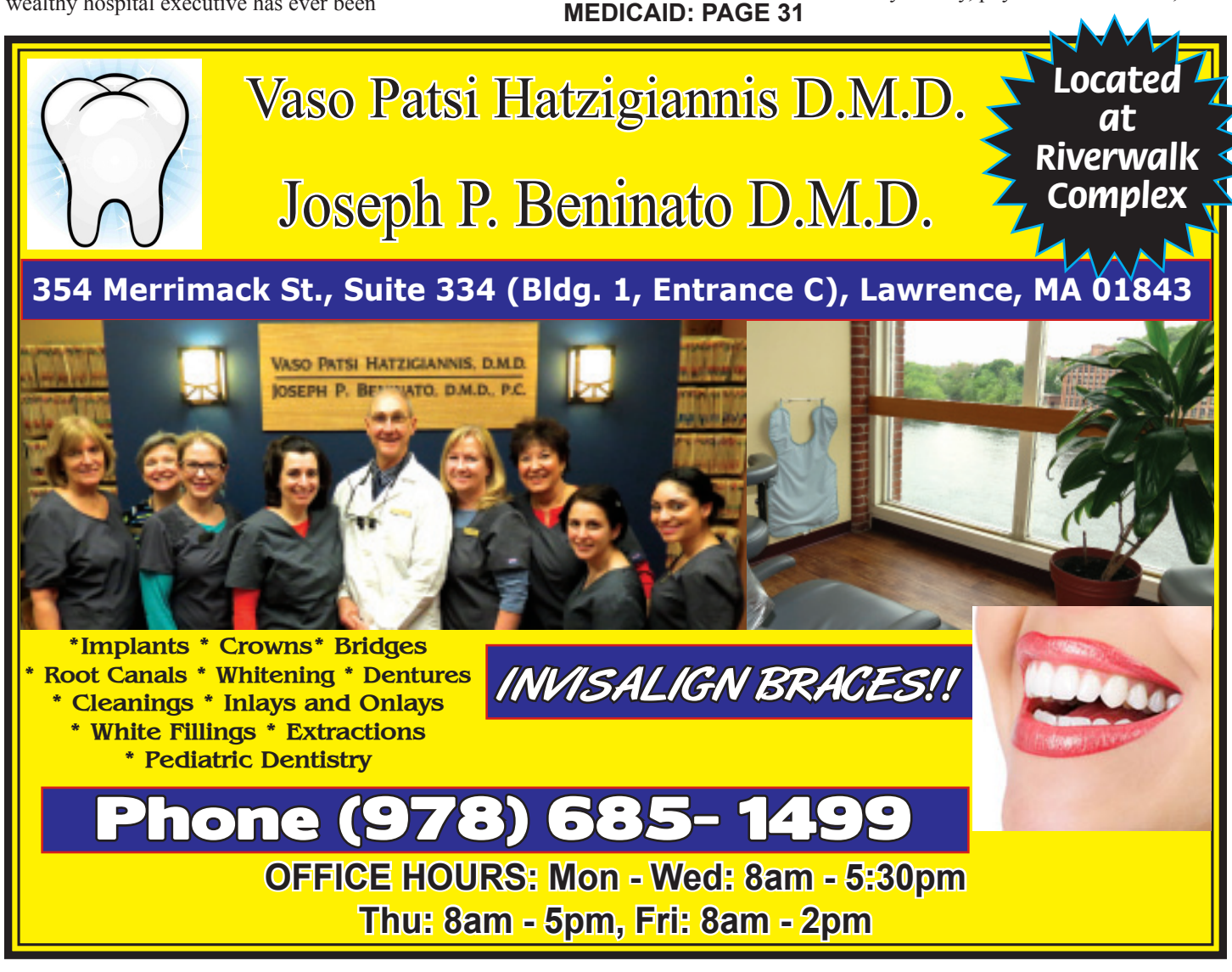
As a specialist in gastroenterology, I have found these medications to be very useful, and also very forgiving with a virtual lack of side effects and remarkable reliability. Many of the patients that I see are already on these medications from other prescribers before I have met them. As useful as these medications are, they are so well tolerated that they are sometimes too easily given to anyone complaining of any kind of upper abdominal discomfort. These medications are even available over the counter or prescribed with only a cursory history, physical examination, and limited formulation of an adequate differential diagnosis. I will often see a patient for the reason that the drugs are "not working." These drugs are so effective, that if they are "not working," then there is almost always another problem present that is undiagnosed or not being treated. These drugs treat acid, period. If acid is causing your heartburn, you will get relief. If acid is causing an ulcer, it will heal and you will be relieved of any acid related ulcer pain. The problem that we have is that there are lots of things that cause pain which are not acid related. So the drugs "fail" if your yardstick of efficacy is the relief of pain. I would suggest that the problem is something else and needs further investigation.

I see many people already taking these medications, often for many months or even years. When I was a resident physician, and for those who do not already know that almost all medical schools are affiliated with a Veterans Affairs Medical Center, we used to call these meds, "VA vitamins," because we never met a vet who was not taking them. Now it is entirely reasonable to give someone a two-week trial of these medicines when they present with an upper abdominal complaint of pain, burning or distress. The problem is that the med gets started, and they often get continued and refilled without much further thought because they have almost no immediate side effects. My point is that these medications are so over-prescribed, that there are literally millions of people taking these meds without a good reason, and they don't even know it.

Let me say it again, you can buy these medicines over the counter, and even without a prescription. I do however get asked to prescribe these medications for reasons of insurance coverage. I believe that the request is appropriate, especially if the medicine is prescribed for more than a few weeks or a few months. For those who I prescribe regularly, I usually make sure they have an endoscopy to be certain that we know exactly what we are treating, and I also make sure they see me at least once a year.

Over the past twenty years that I have been a licensed physician, concerns have been raised about the potential for side effects from these drugs. I will remind you that literally multiple billions of prescriptions have been made over thirty years with minimal reports of adverse effects, but there is no drug that poisons something (acid pumps in this case), that does not have an effect somewhere else that is unexpected. Over many years, concerns have been raised about osteoporosis as a side effect. I tell my patients that the association is weak, but to take vitamin D and calcium. There was also a reported association with Clostridium dificile colitis. This is an infection that occurs in patients generally on antibiotics and in hospitals. Not a major concern for most. More recently however, there has been an association with acute and chronic kidney disease. I think there may actually be something real here. Those most at risk are those who have other risks for chronic kidney disease, including diabetes and hypertension. I have exactly one patient among many thousands who had to discontinue his medicine due to low magne-

HEARTBURN: PAGE 31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NOTEBOOK: FROM PAGE 9

* Asthma & Allergy Foundation of America, New England Chapter, of Needham received a $5,000 grant to train educators and childcare providers on how to recognize the signs and symptoms of an asthma or allergy episode.

* A $5,000 grant to Circle Home, Inc., Lowell, will be used for fall prevention clinics, which includes screenings, counseling by a registered nurse or physical therapist, and educational materials.

* Cooperative Elder Services, Inc., Lexington, will use its $5,250 grant to purchase the remaining equipment necessary to secure licensure for an adult day health program.

* Deven's Loaves & Fishes Food Pantry, Inc., received a $7,500 grant to expand its Neighborho:od Food Project in Groton, providing nutritious and healthy food as well as personal care items for families in need.

* LUK, Inc., Fitchburg, will use its $12,000 grant to develop an opioid-related assessment program to reduce overdoses, including Narcan training, three medication take-back events and the establishment of medication drop boxes.

* A $3,000 grant to Lunenburg Council on Aging will be used to install software at the Nashoba Valley Regional Dispatch District, which will provide emergency intervention to non-responsive at-risk seniors.

* MAB Community Services, Inc., Worcester, received a $5,000 grant for its Nashoba Valley Visually Impaired Elders Program. Services to help those with sight issues remain healthy, active and independent and to safely age in place through evaluation services, support groups and volunteer services.

* A $5,000 grant to Groton's Nashua River Watershed Association, will be used to promote 'Tick Talks,' an educational series on how to minimize tick-borne diseases. The grant will be used to videotape the series, which will allow for greater outreach.

New Entry Sustainable Farming Project, Lowell, received a $19,548 grant to connect Nashoba Valley seniors to local fresh fruits and vegetables.

* NM Cares of Pepperell received a $1,000 grant to increase awareness of drug addiction through a 5K fun run/walk, a poster contest for 4th graders; an essay contest for grades 5-8; awareness efforts for high school students, and a community vigil.

* A $16,000 grant to Fitchburg's Our Father's House will support a program that encourages and promotes participation by shelter families, with their children, in health prevention and wellness.

* Pathways for Change, Inc., Worcester, will raise awareness of men's violence against women through its $12,000 grant. This grant will bring the agency's successful "Males Advocating Change" program to the Nashoba region.

* An $8,704 grant to The Arc of Opportunity in North Central Massachusetts, Inc., Fitchburg, will be used for two 12-week educational sessions about the importance of physical activity and health needs for those with intellectual disabilities.

* Virginia Thurston Healing Garden, Harvard, received a $20,000 for its clinical programs and services, which reduces pain and symptoms of disease and treatment.

* Veteran Homestead Inc., of Fitchburg, received a $20,000 grant for its Elder Care Program, which provides 24-hour care, medication management, case management, benefits counseling and an assortment of other physical and recreational services designed to rehabilitate or provide comfort to chronically homeless veterans in need.

* A $13,957 grant to Veterans Inc. of Worcester for its Fort Devens Project will be used to purchase 13 computers (one for each residential unit), pre-loaded with VA software, so veterans can access services.

* The Foundations also approved four grants totaling $14,616 to Mount Wachusett Community College, Fitchburg State University, Middlesex Community College and UMass Lowell to provide scholarships to area students in the health field.

Nashoba Valley Community Healthcare Fund provides annual distributions to nonprofit organizations, municipalities and other agencies, to advance the health of residents in 13 communities originally served by the hospital, including Ashby, Ayer, Bolton, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Townsend and Westford.

Recipients of the grants were selected by the Fund Advisory Committee, comprised of local leaders in business, health care and education.

ISRAEL: FROM PAGE 11

through portions of the West Bank. We had lunch there and met with the mayor of Bethlehem."

"The gentleman who was our tour guide in the West Bank is a New York Times reporter. He has traveled the world. He and his parents were educated in the United States. He lives and is raising his four children behind the wall. They allow him to come and go freely because they don't consider him a security threat."

"But, we watched while we were waiting for our transfer back to Israel from the West Bank. We were able to watch the security gates, and the whole security process of the workers who are given a pass to leave to go work in Jerusalem. If you have any sort of blemish on your record you are not allowed to leave the West Bank."

"This NY Times reporter did say the economy has improved there. When I was there in 2008 it looked really bad, the buildings were in severe disrepair and most people were unemployed. But, I guess the economy has picked up. There's a lot of new building going on in the Bethlehem, West Bank area. It was really interesting to go through that change and experience the reality of such a high level of security."

"We were able to go through because we were tourists and they need every tourism dollar they can get. In that area, tourist dollars are really the only way people are making any money."

"The mayor of Bethlehem was a Catholic woman. By law it has to be a Christian. Primarily behind the wall it is Christians and Muslims that are Palestinian. The Mayor of Bethlehem was talking to us as government officials about the challenges of getting anything done. She works direct with someone at the top of the Israeli government and she has to get the ok from Israel to get anything done. We think mayor's here have it bad."

"We also talked with several academics in the military. It felt like being back in school. It was like a geo political course on what is going on over there. We learned how the Israeli Parliament is set up where there are so many parties. Politically, everyone falls in one of two categories, conservative or reformed, and hawk or dove. So, everyone falls somewhere on that spectrum. There are numerous parties and you usually win with about 30% of the vote. Whatever party wins the raw vote then has to go about building a coalition to be the leader of parliament. In fact, Netanyahu was not the guy who won the raw vote. It was a woman named Tzipi Livnik but she couldn't effectively build a coalition to be the leader of the Knesset."

"So, we got the message of how difficult it is to get anything done there on a daily basis. The only way to accomplish anything is to partner up with groups that are so diametrically opposed to everything you are fighting for, and how do you work with that? So, like they said take off your American hat and how you think about the way things work here in the US, because nothing is the same."

MEETING WITH THE MILITARY

"We talked to a Colonel who was in the Israeli Defense Force for 30 years. He told us a fascinating story that his mother had survived a concentration camp. She was a twin and she and his aunt had been subjected to medical experiments by Dr. Mengele. He told us how they went on forced marches just weeks before the Americans were to liberate those camps. His mother carried his aunt on her back because she had been so crippled and disfigured from the medical experiments they were doing."

"So, he spent a great deal of time telling us how they take great care not to hurt innocent civilians when they are fighting. In the Gaza war last summer, if they found leaders of a terrorist group and they wanted to take them out, those leaders would have their family members go up on the roof. They did that because they know the Israelis won't bomb if there are innocent people in that building. So, his point was that 'my mother and my aunt were innocent and caught up in something beyond their control and our job, if we are doing it right, is not to do that to anyone else.'"

Next month: What Senator L'Italien learned that she can use in the legislature.

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TV TALK: FROM PAGE 21

know, rich, middle-aged white men?"

For those of us who remember the case vividly and are still stunned at its verdict, there is still a lot to learn here. Things you probably didn't know about the case or its participants. We see Simpson as a man unhinged by his sudden fall from grace and privilege, and Cochran as a man determined to make the LAPD pay for past sins even though his client is likely guilty of a double murder.

Those who were too young to remember this case will be fascinated at the impact that this trial had on our society and our culture and why it still enthralls those of us who lived through it.

American Crime Story: The People vs. OJ Simpson airs Tuesday nights at 10 on FX.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

Follow Bill on Twitter @BillsTVTalk and on Facebook at Bills TV Talk for daily up-to-the-minute TV news and discussion.

BAKER: FROM PAGE 15

playtime. Work harder and earn a spot in the starting line-up next time.

Be Republicans for God sakes. Contribute to the success of the party, like the Democrats in Massachusetts who have built a winning formula. Yes, they dominate the state house, because they stick together. So Republicans… watch, listen and learn.

And to Governor Baker: Thank you for attempting to do something beyond your own self-interest. Can those who say they were slighted, say the same?

MEDICAID: FROM PAGE 29

by definition. The Globe reported a year ago on the scandal at Arbour Hospital where patients died of medical neglect while the hospital cleared 30% in profits. Did the Massachusetts Attorney General investigate and obtain a conviction? Dream on!

Progressive apologists for Maura Healey will immediately erupt to claim her blocking the business network expansion of Partners' Healthcare proves she is brave, courageous, ethical and passionately committed to the rule of law and equal justice regardless of how wealthy people are, a true People's Lawyer.

The numbers however tell their own story and as a scientist I much prefer hard evidence to breathless testimony.

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BUCKLEY: FROM PAGE 3

education reforms he desired, it launched a movement and inspired countless college conservatives, including ourselves, over the successive generations to stand athwart the liberal establishment. Moreover, Buckley provided the intellectual firepower to do so, arming conservatives not just with facts and figures, but also with cogent and forceful arguments delivered with charm and wit.

Aside from his regular columns and numerous books, Buckley hosted the aptly named Firing Line, the longest running television show in history. Unlike today's talking heads, Buckley didn't resort to shouting down his guests, who represented all shades of the political spectrum. He gave them the respect and the time to make their points, and countered with thoughtful questions or a witty riposte.

Perhaps most important was Buckley's passion for ideas and his pursuit of truth. "William F. Buckley understood that conservatism can only be a partial philosophy of life, because any calling which claims to be a whole philosophy of life is not one at all," wrote Buckley protégé Jonah Goldberg on the occasion of Buckley's 80th birthday, "It is a religion, and in all likelihood a false one."

Buckley smashed many false idols in his career. He stood above the sound bites and campaign slogans that dominate our current political climate, concerning himself instead with the practical application of first principles. Erudite and eloquent, he elevated the quality of thought and debate. It is fitting that he died at his desk in his home, still devoted to the world of ideas.

On the day of his passing, the editors of National Review wrote that Buckley "inspired and incited three generations of conservatives, and counting." Presumably, these are the conservatives of his Greatest Generation, the Baby Boomers, and Generation X, yet we stand as living proof that Buckley has inspired yet a fourth generation. We have no doubt his legacy will continue to inspire many more."

D.J. Bettencourt served as a State Representative in the New Hampshire House of Representatives from 2005 to 2012 and was the House Majority Leader for the 2011-2012 legislative term. He currently works as the Director of Development and Community Relations at the Salem Animal Rescue League and serves on the Economic Development Action Committee in Salem, NH.

HEARTBURN: FROM PAGE 25

sium levels. He's doing fine by the way.

In the most recent issue of JAMA Neurology, there was a study from Germany published that noted an association with dementia (loss of memory, senile, Alzheimer's disease). They looked at 73,000 patients retrospectively, mostly women over age 75, and records were reviewed from 2004-2011. The researchers identified 2950 patients as chronic PPI users and looked for repeated PPI prescriptions over at least an 18-month period to identify the population at risk. They found that 29,510 people of the 73,000 developed dementia over the study period. The important finding was that those who used PPI medications were 44% more likely to have developed dementia, than those who did not use chronic PPI medication as defined by the study. The study was not designed to evaluate whether some people were at increased risk to start with, though an accompanying editorial by Dr. Lewis Kuller from the University of Pittsburg noted that previous studies noted that PPI use among older women was also associated with obesity, arthritis, and other risks for dementia as well.

So the conclusion is that PPI use and dementia may be influenced by similar risk factors. Since we do not know for sure if PPI medicine contributes to or causes dementia, my best advice would be to consult with your doctor as to whether you really need to be on this medication or not. For those with severe erosive acid reflux disease, Barrett esophagus, complicated esophagitis with stricture (narrowing that interferes with swallowing), or complicated ulcer disease, the benefits of medicine will almost certainly outweigh the risks. On the other hand, if you are treating heartburn because you are overweight, or consume too much alcohol, or smoke too much, or overeat before bedtime, you need to take a serious look at whether you want to expose yourself to the uncertainty of kidney disease and dementia in taking these medicines, or rather make some positive lifestyle choices for your own benefit. Almost every medicine poisons something. Be as certain as possible that the benefits outweigh risks before you put something into your body that may also cause harm.

Dr MacMillan specializes in Gastroenterology and Liver disease and is a member of the North Andover Board of Health. Dr Macmillan is an Officer and Vice Speaker of the House of Delegates at the Massachusetts Medical Society and alternate Delegate from Massachusetts to the American Medical Association. Dr MacMillan practices in Haverhill, and is on staff at Holy Family Hospital Haverhill and Methuen, Anna Jaques Hospital in Newburyport, Lawrence General Hospital, and Parkland Hospital in Derry, NH and is a founding member and President of the Massachusetts Gastroenterology Association. Dr MacMillan has served as Massachusetts Governor of the American College of Gastroenterology since 2011 and is a Fellow of the College.

BELLANTI: FROM PAGE 28

Keep an eye out for them in 2016.

Going on vacation means having fun with your family and friends, spending time together and having fun visiting everything from theme parks, zoos, beaches etc. It doesn't mean you have to make bad food choices, but you should start thinking about changing your thoughts on food. I changed my way of thinking after years of making bad food choices: Food is fuel for your body to help your body function properly think of it as you need to eat to live not live to eat.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 125lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with

Rick Bellanti Facebook page and once a month he will address a few of the topics here.

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